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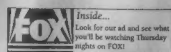
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Volume 11, Number 46

Serving The Greater Metropolitan Newark Area Since 1983

August 23 - August 29, 1995

INSIDE



Media mergers means less voice for blacks
page 4

Teens experience life of police officer
page 5

African American leaders try to solve economic problems
page 8

Visiting German doctor says AIDS was invented

HARARE, ZIMBABWE—A visiting German medical doctor claims nearly all HIV infections were minimal and a well-orchestrated move by governments of some developed countries to reduce the African population and subtly re-introduce colonialism.

Lauching his book in Harare entitled *AIDS—Origin, Spread and Healing*, Dr. Wolf Geisler said "the agents of the malfeasance are intentionally thrown into the air and food."

Geisler throust out in entirety the theory that the AIDS-causing HIV is mainly sexually transmitted and aggravated by promiscuity, saying the virus was developed to affect dark-skinned people.

His remarks come at a time when governments, with the assistance of

See AIDS INVENTED/page 3

Media uses loaded language on affirmative action

WASHINGTON, DC—The National Association of Black Journalists (NABJ) has documented a trend in the white-owned news media in which the language of anti-affirmative action forces is used in news stories and in polls reporting on affirmative action. Specifically many have been using the terms "affirmative action" and "racial preferences" interchangeably. Sometimes "racial preferences" is accompanied by the term "preferential treatment." These terms are not synonymous with "affirmative action." Polls have shown that the public supports affirmative action, but opposes "preferential treatment." Therefore, using the terms interchangeably, under the guise of objective reporting, unfairly characterizes affirmative action, the organization said. "The language is being used at a time when racial divisiveness is very intense in this country," said Dorothy Gilliam, a Washington Post columnist and president of NABJ. "So when very powerful media—the radio and TV—add distorted language to the debate, it potentially worsens American race relations."

CITY NEWS

BLACK MEN UNITE FOR MARCH ON WASHINGTON

by Sherry Burns

NEWARK—Imagine this: If you will one million, or more, dignified, organized, and united African-American men? For a positive cause. Yes, you think it's impossible? Think again! And rid your mind of the demeaning stereotypes depicting lazy, "jive" talking, irresponsible black males who have you second guessing this reality.

This vision is soon to become a reality thanks to the national leadership of Nation of Islam leader The Honorable Minister Louis Farrakhan and Rev. Dr. Benjamin Chavis and several state organizers. New Jersey will be representing an expected 200,000 strong at the Million Black March in Washington, DC on October 16.

One million black men from across the country are gearing up to descend on the ground of the coun-

try's capital in an effort to voice their concerns and demands of the black man; but above all, it will be a day of reconciliation and "atonement" for African-American men.

"(It will be) a day in which we will all be one, a day in which we will be at peace with one another and a day in which we will have a collective voice as an African people," is how Delacy Davis, an East Orange police officer and assistant coordinator for the march for New Jersey, described the anticipated event.

Davis says he believes the march is needed especially in light of the fact that there seems to be a black on black police bru-



Are you going to be one of the million?

ality that exists in our communities.

"(The march) is essential as we look at it from the law enforcement and the police brutality that exists in our communities. Officers of color must unite and understand that we too must be one with the black community. We are not separate or above the law, but we are a part of that community that we are supposed to be policing," he stated.

However this journey will not merely be a reunion of the black male race. On that Monday, African Americans abroad are being asked to stop "living in America"—or in other words—economically boycott white businesses by spending their dollars in the black community; children and working women or men who will not be in attendance are asked not to engage in school and employment activities.

See BLACK MEN UNITE/page 10

Eight resign and two suspended in Newark

NEWARK—The proverbial ax has fallen on the Newark school district as two top officials have been suspended and eight other high ranking officials have tendered their resignations. The two suspended were reportedly identified by school district spokesman Peter Peretzman (who did not say why they were suspended) as James Kokkalis, 52, supervisor of contracts hired in May 1986 and Concepta Caponegro, assistant personnel director. Kokkalis was

earning a salary of \$78,000, and Caponegro, employed with the district for 13 years, earned \$73,000. The two have been suspended with pay.

In a state report issued last year on the deterioration of the Newark schools Kokkalis was reportedly cited as the person who had raised the "majority of funds" for a scholarship account to which vendors wishing to do business with the school district were asked to contribute frequently.

The report also stated that vendors who allegedly made contributions to the "fund" were successful in obtaining contracts with the system while those who had not contributed were rejected.

It has also been reported that in the late 1980s Kokkalis was one of the people involved in making arrangements to have the school board purchase a dilapidated, rat-infested building in which to house a school.

In a statement issued by the New-

ark school district, the eight who resigned, were given until Monday, August 21 to transfer to lower positions within the districts, as their contracts allow.

According to Peretzman, the eight were requested to submit their resignations to the state when the state assumed control of the district.

Among the eight who have resigned are: Ruben Gonzalez, assistant executive superintendent, \$83,508; William Bellotti, senior executive director, \$96,634; Paul

O'Donohue, executive director of purchasing, \$88,776; Claude B. Craig Sr., a hearing officer, \$58,390; and Steven Block, executive director of quality assurance, \$77,013. Charles Meadows and Joseph Morano, both assistant executive superintendents and Daniel Gutmore the district's chief-of-staff each earning \$96,634 also tendered their resignations.

The ten officials made a cumulative salary close to one million dollars, not including medical benefits.

Are black Americans under siege?

MINNEAPOLIS, MINN.—Alfonso L. Carney, Jr., vice president and associate general counsel, Government Affairs, Philip Morris Companies Inc., warned recently that black Americans are "once again under siege from a number of sources."

Addressing the Eleventh Annual Lawyer's Continuing Legal Education Seminar during the NAACP's 86th Annual Convention, recently, Carney told the gathering of mostly lawyers and judges, "It is fortunate for us that the NAACP has long stood as a force for progress, but more specifically as a bulwark against those who would turn back the clock."

Sponsored by the National Bar Association, the NAACP and Philip Morris Companies Inc., the Continuing Legal Educational Seminar as-

sembled prominent jurists for three days last month prior to the start of the convention for in-depth discussions of several issues of concern to African Americans.

"In this escalating struggle, the NAACP continues to use the law to secure our constitutionally inalienable rights, ultimately to create an America that will, some day, deliver on more of its promises to people of color," said Carney.

One of the issues that brought hope to both the seminar and to the convention participants was the fact that the Voting Rights Law of 1993—also known as the Motor Voter Law—went into effect last January. The new law allows citizens to register to vote at the same time they apply for a drivers license, food stamps, aid to

children or to the handicapped.

Brenda Wright, director, Voting Rights Project, Lawyers Committee for Voting Rights Under Law, told the seminar attendees "an estimated two million new voters nationwide registered to vote in the first three months of 1995."

Meanwhile, NAACP chair, Myrtle Evers-Williams, launched the National Voter Empowerment Program in hopes of recruiting many more than seven million unregistered African Americans.

"Voting is the language of democracy. The power of the vote is the most effective weapon against racism in America, and so the NAACP will prepare its constituency to speak loudly, in a way that politicians will hear," said Evers-Williams.



Myrtle Evers-Williams, recently-elected chairperson of the NAACP National Board, welcomes Alfonso L. Carney, Jr., (left), vice president and associate general counsel, Government Affairs, Philip Morris Companies Inc., to the NAACP's 86th Annual Convention in Minneapolis, Minn. Joining them were Dennis Courland Hayes, (second from right), NAACP General Counsel and Federal Judge Nathaniel Jones, former NAACP General Counsel.

COMMENTARY

The stakes for children have never been higher

by Marian Wright Edelman

The stakes for children have never been higher.

Our nation is on the cusp of a defining moment. In the next weeks, we will either choose a path of callous indifference toward children and other vulnerable citizens or continue in pursuit of the goal to leave no child behind.

The path we take will depend largely on decisions Congress makes in September as it completes the FY 1996 budget reconciliation bill. That bill will lay out the details of the 1996 budget resolution approved by Congress. The resolution includes tax provisions, such as the Earned Income Credit, and key entitlement programs such as Medicaid, food stamps, Aid to Families with Dependent Children (AFDC), and Supplemental Security Income (SSI).

The June resolution requires Congress to balance the federal budget in seven years, but its guidelines for achieving this goal are monumentally unfair. They call for disproport-

tionately large funding cuts from investment in children and help for the poor, the sick, and the disabled, while increasing defense spending, protecting corporate welfare, and giving \$245 billion in tax breaks, primarily to the wealthy. As I write this, the specifics of the reconciliation bill are still being hammered out. But this Congress' earlier decisions lead me to fear the worst.

Congressional leaders have been searching for ways to slash \$182 billion from Medicaid over seven years and were even considering turning Medicaid over to the states as a no-strings-attached block grant. If separate action on welfare reform stalls in the Senate, the reconciliation bill also is likely to contain other radical block-grant plan that turns AFDC, SSI, and perhaps food stamps and foster care over to the states, again with almost no federal oversight and with dramatically reduced and capped funding.

I don't believe that this is what the

See HIGH STAKES/page 10

Bradley bids farewell to the Senate

Will he be entering the 1996 Presidential race?

NEWARK—Just one day after his Wednesday, August 16 announcement that he would not seek re-election for a fourth senate term, NJ State Senator Bill Bradley announced that he might be interested in a possible independent presidential bid. "I will not challenge President Clinton in the Democratic primaries, but I have not ruled out an independent route," the senator announced.

Senator Bradley said he will approach a possible candidacy in an "unconventional" way, and attempt to move around the country to talk to Americans and see if he can receive support for a presidential bid.

In his address to the public and press regarding his resigning from

the Senate, Bradley explained why he felt it was time to leave.

"It's possible to lead from the Senate and to make a difference in people's lives. I've tried to do that. But I've concluded that the U.S. Senate is not the only place to either of those two things."

Bradley thanked his supporters and stated that he was from the experiences he had with them that he saw how a small role in government plays in most people's lives.

However, one person was never a fan of Bradley's and he will show his disapproval for the senator. According to Republican Garabed Chukhajian, "Senator Bradley's retirement is yet another sign of a

Democrat party in disarray. Once considered the shining light of the party, his career has fallen victim to the failures of the Clinton-led democrats," stated Hayatyan. "Like the dinosaur who became extinct as a result of changes in the environment, the democratic party is becoming extinct because of its failure to represent the interests of taxpaying New Jerseyans, Hayatyan noted.

Hayatyan commented that while the Republican bubble has undoubtedly beaten Bradley, his departure makes their job that much easier. This makes New Jersey a definite win for GOP senate candidate in 1996 and will undoubtedly lead to the election

See BRADLEY BIDS FAREWELL/page 3

Nigeria's population now 98 million

LAGOS, NIGERIA—Nigeria's population put at 88.5 million by a national census conducted in 1991, has now risen to 98 million, the National Population Commission (NPC) said. The NPC Chairman, Chris Ugokwe, who also heads the African Population Commission, told a press conference the figure represents a growth rate 2.83 percent between 1991 and 1995.

Ugokwe dismissed a World Bank figure of 120 million as Nigeria's population. "The World Bank does not conduct census for any country..." Ugokwe added.

Nigeria's constitutional conference, which ended in June had recommended that the 1991 figure be annulled because of objections raised in parts of the country.

But Ugokwe said that this was not

peculiar to Nigeria. He cited instances in the United States, Britain and Germany where, he said, disputes over census figures had to be resolved at the supreme court level.

Ugokwe said the NPC had received requests from a number of countries on the method it used for the 1991 census. According to Ugokwe, preparations for Nigeria's next census in 2001 will commence next year.

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PEOPLE

COMMUNITY CALENDAR

EVERY TUESDAY

EAST ORANGE—East Orange Farmers Market offers Jersey Fresh vegetables from 10 a.m. to 5 p.m. at Ormont Plaza. For more info call 201-266-0938.

THURSDAY

PLAINFIELD—"Artist in Action" series every Tuesday at the Plainfield Senior Citizens Service Center from 9:30 a.m. to noon. For more info call 908-753-3008.

WEDNESDAY, AUGUST 23

PATERSON—Reception for Hispanic poster exhibit "Imágenes Contra El Sida" (images against AIDS) at the Paterson Public Library from 1 to 3 p.m. For more info call 201-357-3016.

NEWARK—Dedication ceremony of the completion of townhouses in memory of Oscar Mills at the Community Room on Court Street at 10 a.m. For more info call 201-430-2430.

EAST ORANGE—First Aid, CPR and 911 safety tips at East Orange High School (sponsored by Syntex & Syntex, Inc.) at 4:15 p.m. For more info call 201-873-2193.

AUGUST 25, 26

VCR ALERT—Live From The House of Blues: Neville Brothers special on TBS. Check your local listing for times.

SATURDAY, AUGUST 26

MONTCLAIR—NAACP fund-raiser lawn barbecue party at 97 Winthrop Ave. from 2 p.m. until. For more info call 201-748-5465.

AUGUST 26, 27

SOMERSET—"Antiques Weekend in Somerset" at the Garden State Exhibit Center from 11 a.m. to 6 p.m. For more info call 201-384-0010.

THURSDAY, AUGUST 26

NEW YORK—Myths of American History: Beyond the Cherry Tree at the Fraunces Tavern Museum. For more info call 212-425-1778.

SUNDAY, AUGUST 27

FORT MONMOUTH—Dinner to honor WWII Veterans at Globe Hall at 5 p.m. For more info call 201-645-3468.

WEDNESDAY, AUGUST 30

MOUNTAIN SIDE—Oldies Night featuring the Party Dolls at Echo Lake Park at 8:30 p.m. For more info call 908-527-4900 or 908-352-8410.

THURSDAY, AUGUST 31

NEW YORK—Hunts on the Hudson at 7 p.m. Registration is required. For more info call 212-287-0700.

SEPTEMBER THRU DECEMBER

NEW YORK—Register for computer courses in a variety of areas and software. For more info call 212-279-2111.

BEGINNING SEPTEMBER 5

CRANFORD—Fitness Center at Union County College offers fitness non-credit courses. For more info call 908-709-7800.

NUTLEY—Jersey City State College offers graduate courses at Nutley High School. For more info call 201-200-3500.

SEPTEMBER 6 THRU OCTOBER 2

CRANFORD—GED prep classes at Union County College, Mondays and Wednesdays, 9:15 a.m. and 6 p.m. For more info call 908-705-7600.

BEGINNING SEPTEMBER 8

MONTCLAIR—Dance program at Montclair State University. For more info call 201-655-4443.

NEWARK—"The Animal Kingdom" exhibition at The Newark Public Library. For more info call 201-733-7745.

SATURDAY, SEPTEMBER 9

WATCHUNG—Annual Members Art Show at the Watchung Arts Center at 7 p.m. For more info call 908-753-0190.

SEPTEMBER 9 AND 10

CHESTER—Twenty-second annual Chester Arts & Crafts Festival from 10 a.m. to 5 p.m. For more info call 908-873-4814.

SUNDAY, SEPTEMBER 10

EAST ORANGE—Fundraising picnic given by The EO Sister City Committee at 24 Westcott Street at 2 p.m. For reservations call 201-233-5116.

THURSDAY, SEPTEMBER 14

NEWARK—JVSO Awards Benefit at The Newark Club at 6 p.m. For more info call 201-374-2000 ext. 12.

SEPTEMBER 16 THRU OCTOBER 21

JERSEY CITY—SAT review course at Jersey City State College at 9 a.m. every Saturday. For more info call 201-200-3049.

Smith recognized as U.S. basketball team player



Chris Smith (c) receives a proclamation from Union County Freeholders Frank Lehr, (l), and Walter McLeod, honoring him for being selected to play for the United States as a member of the Florida All-Stars Belgium Basketball Tour.

Two honored for job training completion



Jose Mendez (l) and Morris Spicer (r) were presented certificates of recognition for Outstanding Achievement for completing the six-week employment training course given by the Union County Chamber of Commerce Industrial Training Institute (ITI). The program consisted of classroom instruction in employability skills, and employer site training. Mendez and Spicer wrote résumés, practiced job interviewing skills and work ethics, and learned about payrolls and deductions.

Pullen appointed to HUD board

NEWARK—Newark resident Cynthia Pullen was elected as a board member of the National Alliance of HUD Tenants (NAHT) at its May conference in Washington, D.C. Pullen is an officer in her building's Tenant Association and a member of the HUD Tenant's coalition in Newark.

NAHT is composed of residents in privately-owned HUD-assisted buildings and is active in 64 cities around the United States.

DID YOU KNOW?

by Robert N. Taylor

... that government sanctioned killing of people can really get ridiculous. Note this case from Oklahoma. Robert Brecheen was scheduled to be executed for murder. Somehow, he attempted suicide with a drug overdose. Prison officials found him, rushed him to a hospital and had his stomach pumped. In other words, they saved his life. But then they rushed him back to prison, strapped him in an electric chair and killed him.

... that the nutritional key to combating heart disease and strokes appears to be folic acid and not any man-made drug. A British researcher reported recently that several studies show that a deficiency of folic acid is responsible for up to 40 percent of all heart attacks and strokes. Where do you get folic acid? Answer: By eating fruits and vegetables. (see August issue of Heartbeat.)

... that exercise cuts the risk of breast cancer. According to Dr. Leslie Bernstein of the University of Southern California, just one hour of intense activity each week reduces the breast cancer risk by 30 percent.

... that women smell better than men. Researchers have found that women are on average able to recognize nearly twice as many fragrances as the average man.

... that according to the latest FBI figures, the United States jails a greater proportion of its citizens than any other country in the world. And despite all the arrests and prison sentences, the U. S. continues to have one of the highest crime rates in the world.

... that this week's favorite quote comes from Machiavelli: "In order to recognize wisdom, one must first be wise."



Red Cross Instructor Debra Muhammad, 2nd from right, points out key points about HIV/AIDS to Beta Alpha Omega members of the Alpha Kappa Alpha Sorority, Inc. Barbara Harris and president Lanyia D. Clarke during a Red Cross Training Workshop since August is Red Cross Training Month.

The front page lead story entitled "New directions for youth" in our August 9 issue was written by Kaylyn Dines

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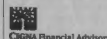
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National News

at a glance

JESSE JACKSON
HIGHLIGHTS ROSS
PEROT'S POLITICAL
CONVENTION

One newspaper columnist wrote, "he stole the show." The reference was to national black political leader Jesse Jackson's appearance last week at the political convention of independent political candidate Ross Perot. The Texas billionaire had invited prominent political figures from both the Democratic and Republican parties to address his United We Stand America (UWSA) organization. But during the first day, Jesse Jackson unexpectedly became the center of attention with a stirring speech in support of independent political rivals—also such as the UWSA. According to Jackson, "The history of America is a history of citizens moving outside of parties and traditions, reaching for change and truth." Jackson's remarks prompted new speculation that he may run as an independent presidential candidate in 1996.

—DALLAS, TX

BLACK AND WHITE
BAPTISTS HOLD JOINT
SESSION

Last week in Charlotte, North Carolina, white and black Baptist churches held a joint session. The occasion was the 43rd annual meeting of the Progressive National Baptist Convention. The predominantly black group met with the Alliance of Baptists. The Progressive National Baptist Convention was founded by slain civil rights leader Dr. Martin Luther King Jr. The Alliance of Baptists broke with the Southern Baptist Convention in 1967, in part because of the group's racial practices. The two groups are now seeking to merge. Among those addressing the gathering was President Clinton.

—CHARLOTTE, NC

NAACP VOTER
REGISTRATION AT
7-ELEVEN STORES

The NAACP has launched a national "Voter Empowerment Program" which is being supported by 7-Eleven stores across the country. In-store voter registration aims to encourage African Americans for the coming 1996 elections is a primary goal for the NAACP and 7-Eleven executives have made space available at their stores for NAACP brochures to register voters across the country. This voter registration program is an expansion of a NAACP/7-Eleven partnership in Dallas where more than 1,000 people registered to vote in the mayoral and state elections held in May.—WASHINGTON, DC

BARROW TO RETIRE
AS PUSH CHAIR

Chicago-based Operation PUSH chair Rev. Willie T. Barrow has announced she is retiring effective the first of the year after 33 years in the civil rights movement. Barrow, who will be 71 on Dec. 7 and was the first female to serve as president of a national civil rights organization, said she'll still be available to train young people seeking to be future leaders in the struggle. "I've served the Southern Christian Leadership Conference (SCLC), PUSH and Operation Breadbasket for 33 years," Barrow said at PUSH's 24th Annual Convention. She is recommending that a "big portion" of the board be comprised of young people.—CHICAGO, IL

BLACK CAUCUS
ANNUAL LEGISLATIVE
CONFERENCE

"For 25 years the Congressional Black Caucus Foundation (CBCF), has brought together some of America's most influential leaders during its Annual Legislative Conference. The legacy of this important gathering continues on Sept. 20-24, 1995 at the Washington Convention Center," reports Quention Lawson, CBCF executive director. The Annual legislative conference (ALC) is a five-day event, held on Capitol Hill, which includes Congressional brain trusts, issue forums and workshops. "In light of our troubled econ-

See NEWSpage 10

Bradley proposes tax increase on tobacco products

WASHINGTON, DC—Senator Bill Bradley (D-NJ) announced he will introduce a resolution in the Senate that seeks to address a severe and growing public health crisis—the large and increasing number of children and teenagers who are addicted to cigarettes.

The resolution calls upon the senate to support an increase in the federal tax on tobacco products in order to protect the health of children and teenagers.

"Tobacco use among children and teenagers leads to addiction, disease and premature death," Bradley said. "More than three million American children and teenagers smoke cigarettes. Every 30 seconds a child in this country smokes for the first time, and 90 percent of new smokers start when they are 18 or younger. This American tragedy must stop," he added.

Last month, the University of Michi-

gan released a study showing that the rate of smoking among children has surged upwards over the last four years. In 1994, close to 20 percent of eighth-graders surveyed said they smoked cigarettes. This is a 30 percent increase over the number of eighth graders who smoked in 1991.

"One of the most effective measures that the federal government can take to reduce children's use of

tobacco is to raise the federal excise tax on tobacco products," commented the senator.

A researcher at Harvard's School of Public Health concluded earlier this year that every 10 percent increase in cigarette prices causes demand among teenagers to decline by as much as 14 percent.

In addition, a researcher from the Business School at Duke University released a study just last month pro-

jecting that a 10 percent increase in the tax on cigarettes would save approximately 5200 lives a year.

"If we are serious about protecting our children from addiction, disease, and premature death, then we must take effective action to discourage them from using tobacco. Raising the tobacco tax is one of the most effective tools we have to achieve that goal," concluded Bradley.

Whitman supports Newark airport monorail

TRENTON—Governor Christine Whitman praised the Federal Aviation Administration (FAA) for approving the use of airport passenger fees for extension of the Newark International Airport monorail to the Northern Corridor.

The \$250 million funding approval will pay for a new train station on the Northeast Corridor rail line, near Haynes Avenue in Newark and for a one-mile extension of the monorail to the station. The monorail is currently under construction and initially will

service the airport's parking lots. "Newark International Airport transportation will soar to new heights in passenger service and convenience through construction of this public transit project," Whitman said.

"We're providing a new gateway to the airport, and coupled with the UrbanCorporation's unifying our state's rail lines into one network, New Jerseyans and visitors from other states will have a better way to take flight," she added.

The monorail extension and new

train station will be funded through a \$3 Passenger Facility Charge (PFC), which air travelers have paid since 1992.

The Port Authority of New York and New Jersey, the operator of Newark International Airport, submitted a request to the FAA to extend collection of this fee to fund airport improvement projects. Whitman praised the New Jersey members of the Port Authority's board for their work in securing the FAA agreement.

According to New Jersey Department of Transportation commissioner, Frank J. Wilson, who is also a Port Authority board member, this is the first time the FAA has approved using facility charges for off-site improvements.

"The new train station and monorail will relieve roadway congestion near the airport and that's a win for everybody," said Wilson.

The new airport train station will be located on the Northern Corridor rail line which runs from Boston to Wash-

ington, D.C. The station will be served directly by trains from NJ Transit's Northeast Corridor and North Jersey Coast lines. Completion of the Seacaus Transfer Station, which will link NJ Transit's rail lines, will expand access to the rest of NJ Transit rail system.

The FAA approval also authorized the Port Authority to spend \$100 million for the final phase of the airport monorail now under construction and \$50 million for roadway improvements at the airport.

National Baptist Convention plans march on Birmingham

NASHVILLE, TN—The National Baptist Convention, USA, Inc. (NBC) the nation's largest African-American organization, has announced that plans are being made for a mass march in Birmingham. The march is scheduled for September 6, during NBC's 115th Annual National Convention.

In a letter to the Congressional Black Caucus and all civil rights organizations, the Convention's new President, Dr. Henry J. Lyons said, "The march is being held to show America that black Americans will not sit back and allow the recent acts of Congress and the U.S. Supreme Court to go unchecked."

According to Dr. Lyons, African Americans have always had to have

the law on their side in order to achieve any measure of success in this country. He says the leadership in Congress and the U.S. Supreme Court, are trying to turn the clock back to repeal those laws that ensure Africans Americans equal opportunity.

Says the new national NBC President, "It is timely that we are convening in Birmingham, Ala., the city which symbolizes the cradle of the civil rights struggle. It is the city where Dr. King wrote his passionate 'Letter from a Birmingham Jail'; the city where three of our own Baptist children were killed in the bombing of the 16th Street Baptist Church and the city where we intend to bring back to the attention of all Americans the struggle we must keep alive and the dream we must keep

alive." Lyons also said, "In 1963, Dr. King had a dream, but in 1995, we are experiencing a nightmare."

The National Baptist Convention represents over 8,000,000 people and more than 30,000 churches. Over 60,000 are expected in Birmingham for the national conven-

tion and over 25,000 plan to march.

Lyons has asked the National Urban League, the NAACP, the Congressional Black Caucus, the SCLC and numerous other African American organizations to join with the National Baptists in event. President Clinton has also been invited to attend.

The event will at 3 p.m., beginning at the Birmingham Civic Center, Marchers will file through the city toward the 16th Street Baptist Church, and end at the Birmingham Civil Rights Park with a speech by President Lyons.

David Dinkins returns home

NEW YORK—Describing himself as a "fortunate fellow," former New York Mayor David Dinkins returned home on Thursday, August 19, one week after undergoing major emergency triple bypass surgery. He complained of feeling faint while playing tennis in severe heat at the Hilton Head Island resort on Sunday, August 6.

Wearing his trademark baseball cap and jacket, Dinkins received a red heart pillow signed by well-wishers when he arrived at Teterboro Airport.

Dinkins, 68, attributed his remarkable recovery to the fact that he is "young and strong."

"I am a fortunate fellow. God is good," he stated as he left the Medical Center in Charleston where he was hospitalized.

Accompanied by wife Joyce, Dinkins returned home in a private 12-seat jet owned by long-time friend and Revlon boss Ron Perleman.

Usafica, Continental Airlines
in joint venture in Africa

DAKAR, SENEGAL—Usafica Airways and Continental Airlines have agreed on a comprehensive marketing and operational alliance in support of plans to re-introduce direct air links between North America and West and Southern Africa.

According to Usafica, a major feature of the agreement includes code sharing with Continental's code apex on all flights between the United States and Africa.

It will also ensure Africa's full participation in Continental's one-pass frequent flyer program, joint sales and marketing programs, and coordinated operations at Continental's Newark/New York gateway.

The agreement culminates sev-

eral months of negotiations and represents a significant step in the on-going process of US-Africa's restructuring and resumption of service.

Flights are planned to begin later this year from Newark/New York to Johannesburg, South Africa with an intermediate stop in Dakar, Senegal. The New York Metropolitan area is the largest origin and destination market for both African cities.

Travel between North America and South Africa surged dramatically in the past year, and rapid growth is forecast over the next five years.

"The Continental/Usafica alliance will provide consumers in both countries with significantly more direct flights," Lewis noted.

AIDS invented

Continued from page 1

Western donor agencies, have poured millions of dollars on educating people in an attempt to curb the spiral of HIV infection.

Most governments, he said, had scorned him for his findings and the World Health Organization had remained tight-lipped.

Because of the dependency that had been created between developed and developing countries, African governments were always quick to throw away AIDS cures, unknowingly working in cahoots with the colonizers.

The doctor said he believed that AIDS was developed out of the virus

of infectious anemia of horses.

While AIDS organizations would want to believe that the decline in the number of new infections was a result of effective educational programs, Dr. Geisler thinks otherwise.

"The infections are going down now because it is now difficult to spread the virus as a lot of scientists are working on the pandemic and they might catch the culprits," he asserted.

Though his research began 11 years ago, he said, it took him over eight years to believe his discoveries that throw away the use of condoms and safe sex techniques as a myth.

Bradley bids farewell

Continued from page 1

of another Republican to the House of Representatives as well."

Senator Bradley noted that both parties have failed to satisfy the American people and have moved away from the concept of service. "Neither party speaks to people where they live their lives. Both have moved away from my own concept of service and my own vision of what America can be. I am saddened on occasion when the media, and politicians themselves, convey that politics is mean, cheap and dirty; that what we hold in common as Americans is somehow less than what we harbor in our hearts and minds for

ourselves as individuals. I have never believed that."

In his final words with a quote from poet Robert Frost the senator hinted that his fight for the people will not end until he was satisfied he had accomplished all his good.

"In the coming months, I will not lessen my efforts. To the contrary, I will increase them. As I leave the familiar surroundings of the U.S. Senate, I don't know where the future will lead, but, as I recall the words of Robert Frost, 'the woods are lonely, dark and deep, but I have promises to keep, and miles to go before I sleep, and miles to go before I sleep.'"

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Camden	33,120	Ocean	36,320
Essex	39,520	Passaic	42,160
Gloucester	33,120	Somerset	43,680
Hudson	28,240	Union	39,520
Middlesex	43,680	Warren	30,880

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EQUAL HOUSING LENDER

EDITORIAL

Stop the cycle of negligence

By now, you probably have heard that eight Newark school district employees have resigned and two were suspended, with pay. Well, if you didn't hear it before, you heard it here, (see our front page story, 8/23/95). We find so appalling, is the fact that these 10 workers who were supposed to be caring for children with 100 percent of professional ethics, were some of the same people who negotiated to have them placed in rat-infested buildings for schools and denied the benefits of a quality education.

There are two pressing questions that need to be answered. One, why are these people suspended with pay? And second, why are those who resigned being given the option of choosing lower positions in the district? They don't need to be there at all if they didn't perform their jobs. If you know the answers to these questions, please let us know.

What is even more nerve-wrecking, is the fact that while our children were being deprived of an education and surrounded by unheard of safety hazards, these 10 people collectively earned a salary of close to one million dollars, not including benefits. How could anyone with a heart and a little honesty let this go on for so long?

Well it did, and now we are all responsible to see that this is not repeated. We have to hold the current staff and administrators of the Newark school system accountable for everything that is done for the "benefit of our children." And parents, need to get involved in their children's education. It should not be left up to the Board of Education and the school system to provide proper education, safe and clean facilities to enable children to learn. Let the cycle end now!

FROM CAPITOL HILL

Black men's 'long march to freedom'

by Asika Muhammad

When one million black men descend upon Washington, Monday, October 16, there will doubtless be many proud tears shed that day.

Not in that "touchy-feely" coming-of-way, but in that appreciative, humbling way many of us feel when we've been blessed to overcome staggering odds to accomplish the impossible and to achieve spiritual growth in the process. Getting one million black men together peacefully in one place at one time qualifies for adjectives like miraculous.

We all know the drill. Black males—"brothers," "bucks," "homeboys," etc. From the Scottsboro Boys to Willie Horton, to our worst nightmare—mean trouble.

Three or more black men together on the street constitute a "mob." The sight of one in a store automati-

cally triggers a surveillance camera, a detective, and a phony, "May I help you?" from a sales supervisor.

And while the negative stereotypes are all too fitting, they are still false, in the case of most black men. But the idea of sober, responsible behavior is easier to associate with black women, mothers, heads-of-households, than it is with our men.

So, the idea of black men doing anything constructive, organized, and on a large scale, without the guidance of our women's hard to fathom. That's where Minister Louis Farrakhan, leader of the Nation of Islam comes in.

Min. Farrakhan and the Rev. Dr. Benjamin F. Chavis, Jr., leader of the National African-American Leadership Summit, are well on their way toward organizing the first "Million Man March" on Washington, the most startling demonstration of black power in America since Douglas

Turner Ward authored the play *A Day of Absence*.

"We hope to declare the first 'Holy Day' since our fathers were brought to this country in chains, a day of atonement," Min. Farrakhan told a group of reporters in Washington recently. It will be "Holy," he said, because on that day, men will be instructed to "reconcile their differences in churches, in mosques, in temples, in synagogues, so that by the end of the day they will be stronger."

In addition to bringing a million men to the Nation's Capital for a spine-stiffening show of family leadership, moral rejuvenation, and a redress of black political grievances in the face of a white conservative backlash, "we are asking on this holy day that none of us go to work, none of our children go to school. We hope that day, we will not be seen in any

stores, bars or sporting events. We are asking our athletes and entertainment figures not to entertain white folks on that day," Min. Farrakhan said.

"Since America seems to be saying they don't want us, we want white America to see how tasteless and colorless this country would be without us. If you want us in your society, you must open your doors and take us in with justice." Black men, he said are ready to take their place as full and equal leaders, as better fathers, husbands and brothers, closer to God, proceeding on a life-long march to freedom."

In *A Day of Absence*, Ward wrote about a scenario in which black protesters organized a day when African-Americans were "absent" from their jobs, schools, and places of business, and the entire nation was brought to its knees, because blacks are an indispensable part of the American fabric of life.

Medicare vouchers are a bad idea

by Martha A. McSteen

There's an idea gaining strength on Capitol Hill as a novel and surefire way to rein in escalating Medicare costs. It's called a government voucher and, at first blush, it sounds great. But a careful analysis uncovers a concept heavily reliant on the marketplace and fraught with problems for Medicare beneficiaries.

While I strongly believe in market forces, it nevertheless would require a huge leap of faith on the part of the nation's 36 million senior and disabled citizens to wholly trust the marketplace to offer them quality health care at an affordable price. After all, it wasn't too long ago that the marketplace didn't want seniors.

Consider that before the advent of Medicare some 30 years ago, the health insurance industry rejected most older Americans. Back then, about the only older Americans with health insurance coverage were those with employer-provided retiree health plans.

Insurers knew seniors were more expensive to cover than these younger customers because young people visited doctors more often, went to the hospital more frequently and used more prescription drugs. Even today, many insurers who cover seniors want only the healthiest seniors, those for whom they expect to pay few claims.

A voucher system assumes that all private health insurance plans would be open and available to seniors, particularly those with pre-existing conditions. But that's not the case today. All over America we hear stories of younger and healthier workers losing their health care coverage. Why should seniors believe that insurance companies, whose first loyalty is to their stockholders, not their policyholders, would treat them any differently?

In addition, many older Americans' experience with insurance is tied to med-gap policies. For too many years, some seniors were sold worthless or multiple policies when only one was needed or they were regularly sold new policies solely to generate new commissions for insurance agents.

It has taken the better part of three decades and the concerted efforts of the federal and 50 state governments to reduce fraud and abuse in the med-gap insurance market to manageable proportions. It has only been with the advent of a highly regulated med-gap market that seniors have been protected from the abuses of unscrupulous insurance agents who sold them from confused or uninformed older customers.

Medicare covers all those eligible for Social Security, regardless of pre-

existing conditions, and charges everyone the same premium. As currently structured, Medicare takes the worry out of finding affordable health insurance and provides unparalleled access to quality health care.

Why, then, would seniors trade in Medicare for an unknown, untested system that relies on historically anti-senior market forces for direction?

Many voucher supporters believe the system could work like the Federal Employees Health Benefits Plan (FEHBP), the umbrella program that offers federal employees and retirees a choice of dozens of competing plans. Unfortunately, the FEHBP is not a true example of a free market system.

For example, the myriad FEHBP plans actually are loathe to expand benefits beyond those offered by competing plans because they have found that if they do offer improved benefits, federal workers needing those benefits will flock to that plan and drive up its costs. One FEHBP plan found that when it increased its mental health benefits beyond the coverage offered by others, workers in need of mental health services jumped into its plan. Costs went up. Unfortunately, within a short time, the expanded benefits were reduced to those of competing plans. Over the years, benefits under FEHBP instead of expanding, actually have become more uniform.

In addition, premiums in individual plans have tended to rise as seniors have aged. Premiums are lowest in new plans that attract the youngest and healthiest federal workers.

Another problem with vouchers is that the senior-most clients could face considerable additional out-of-pocket expenses. Proposals under discussion would cap the value of the vouchers at a rate below medical inflation. As health care inflation continues to rise, the purchasing power of the vouchers would erode. In a short period of time, the vouchers will not be adequate to buy a health care plan as comprehensive as the current Medicare program.

Seniors then will be faced with a tough choice—paying the difference out of pocket or buying a less expensive and less comprehensive policy. For too many years, Congress has answered rising Medicare costs by simply cutting back on the rate of growth of Medicare funding. But those who would do away with Medicare in favor of vouchers are ducking their responsibilities to get to the root of the health care dilemma—exactly what is it in our health care system that is driving these enormous cost increases?

Continued reductions in Medicare funding without reforming the larger health care system is not the answer. Rather, the voucher approach only health care system is not the answer. It only shifts the burden of escalating health care costs entirely to seniors and provides no incentives for providers to hold down costs. After all, it would be the individual seniors who would be responsible for making the difference between the value of the voucher and rapidly increasing health care costs.

Until we are willing to identify and deal with the core causes of our soaring health care costs, we cannot hope to come up with a long-term solution—or at least one that reaches beyond the next election.

Martha McSteen is president of the National Committee to Preserve Social Security and Medicare.

by Samuel Rubinstein

On July 19, President Bill Clinton expressed his strong support for the controversial case of affirmative action. The multiple programs and practices that comprise what is called affirmative action have recently come under a microscope. While acknowledging its flaws, the President said, "Mend it, it's not bad." A simple matter, this is not.

For many years, affirmative action has enjoyed broad backing, not only from government, but also, from within the business and educational communities. There is wide agreement that implementation of affirmative action has resulted in opening job and higher educational opportunities to millions of women and people of color who would not otherwise have been afforded these opportunities.

There is also wide agreement that some abuses and distortions of affirmative action have been no less than scandalous.

What does reasonable and proper affirmative action really mean? In employment, it means special efforts to identify and recruit people from previously excluded groups, training programs to enable such persons to

become qualified for access to jobs, and review of all criteria for employment to make sure they are job-performance related.

It also means establishing flexible goals and timetables (but not fixed quotas) based on the available pools of qualified applicants, to measure progress, and where there has been a history of discrimination.

While there has been real progress, a recent report, by the Federal Glass Ceiling Commission, finds that despite three decades of affirmative action, entrenched prejudices still block racial minorities and women from access to top management ranks.

Unless one believes that racism and sexism have been totally eradicated in our society, a compelling case can be made for continuance of reasonable and proper affirmative action remedies.

But this should not be allowed to translate into institutionalized racial hatred and preferences throughout the body politic. America doesn't need an attenuated mirror image of the built-in preferences for white men, which have been so devastating to racial minorities and women.

Our ideal must remain a society where each person can actualize his

or her potentialities to the fullest, based on individual merit, even though this has never been a reality.

Whitened dressing of the many positive results of legitimate affirmative action, neither should we close our eyes to it, all too many misapprehensions. Fixed quotas, for example, downgrade individual merit, pit one group against another and cannot be reconciled with genuine equal opportunity for all.

Examples of abuses, regrettably, are not hard to find. Preferential "set-asides" for government contracts have often resulted in figurehead minority or female directors who front as "window dressing" for white male-controlled business enterprises to win contracts. Perversions of the affirmative action principle not only play into the hands of its enemies but, more importantly, undermine its moral authority among its friends.

It must be stressed that preferential treatment is not a racial invention devised by or for African-American people and women. It has existed for generations for many reasons, some quite unworthy.

Racism, sexism and favoring family and friends are all historic forms of preferential treatment from

which many white men have benefited. Even today, ivy league colleges routinely give "special consideration" in admission to children and grandchildren of alumni.

Further, equating traditional discrimination against people of color and women with reverse discrimination against white males is not quite accurate. The clear message of the old historic pattern was: "We don't want your kind here, no matter how qualified you are as an individual may be."

In contrast, the rationale for preferential treatment for blacks or women today is an effort to compensate for the grievous consequences of pervasive past discrimination; that is, its purpose is not to exclude all white men.

Clearly there is now a powerful backlash against all affirmative action policies. Surrender to this backlash is not a satisfactory answer. But, since some 30 years have elapsed since affirmative action was inaugurated, it does make sense to reconsider the issue in all of its ramifications. In doing so, however, let's not use a guillotine to cut a headache.

Samuel Rubinstein is a legal director for the American Jewish Committee.

Media mergers mean less voice for blacks

by Asika Muhammad

The myth of the "liberal bias" in the media, can finally be put to rest, thanks to the mega-mergers of media moguls, Walt Disney Co., with the American Broadcasting Co. (ABC), and Westinghouse Electric Co. with CBS, recently.

The corporate-owned, bottom-line-driven media are as conservative as the big-business, big-government interests they always seem to favor. They always have been.

Now, even non-commercial or public broadcasting is being increasingly dictated to by popularity and financial support standards that are used to make decisions in the mainstream. National Public Radio, for example, has canceled Horizons, Bluesage, Afropop, and Rhythmic

Revue from its already mostly white schedule.

What all this means is that black voices, and other voices of dissent, will have less and less access in all media. I can hardly get warmed-up in a discussion of the regressive politics of white backlash whenever I appear on C-SPAN, for example, without being told to "keep it short" or "do you blacks always talk about race?"

With the National Broadcasting Co. (NBC) already controlled by General Electric Co. Westinghouse's takeover of CBS and Disney's takeover of ABC are big steps in the direction of monopolistic-like control by the moneyed few. Arch-conservative newspaper tycoon Rupert Murdoch, who owns the FOX network, has the distinction of being the "Henry Luce" of his day.

Mr. Luce, a fervent anti-communist, he made overtures to the Republicans last week to work on compromises in spending bills. His latest moves underscore the qualities that have made him the target of scorn from both Republicans and Democrats since he took office.

Waffling, with no apparent integrity of vision, he is seen as moving with the political winds. He nominated then abandoned, a series of nominations at the first sign of trouble. When the Republicans swept into office last year, he then whips his ground and restate his support for liberal (or at least centrist) social positions, he folded immediately and began talking like a born again Republican.

Contrast that with Newt Gingrich, who said the same thing even when it wasn't popular, and one can see why it is difficult to find

himself from the Democratic leadership, he made overtures to the Republicans last week to work on compromises in spending bills. His latest moves underscore the qualities that have made him the target of scorn from both Republicans and Democrats since he took office.

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See PRESIDENT CLINTON Page10

KIDS CALENDAR

ATTENTION:

RAHWAY—Ulrich Memorial Pool in Rahway River Park is open everyday. For more info call 908-381-0445.

PATERSON—Summer Vacation Reading Club at the Paterson Free Public Library thru August 24. For more info call 201-357-3002.

THRU AUGUST

NEWARK—The Power, The Star Travellers and African Siles, planetarium shows, at the Newark Museum Wednesday-Sundays. For more info call 201-586-6550.

THURSDAY, AUGUST 24

PLAINFIELD—Children's Film Program at 2 p.m. in the Plainfield Public Library. For more info call 908-757-1111.

FRIDAY, AUGUST 25

EAST ORANGE—Teen Fest from 3 to 10 p.m. in Sovani Park. For more info call 201-266-5431.

AUGUST 26, 27

NEW YORK—Construct a colorful mobile using sponges at The Children's Museum of the Arts every hour between noon and 5 p.m. For more info call 212-941-9198.

SATURDAY, SEPTEMBER 16

NEWARK—Mini Zoo Matters: Discover the wildlife at the Newark Museum from 11 to 4 p.m. For more info call 201-586-6550.

SUNDAY, SEPTEMBER 17

NORTH BRANCH—Barbara's Birthday, musical adventure of the king of the elephants, at Raritan Valley Community College for children ages 4 to 10 at 11, 1:30 and 3 p.m. For more info call 908-725-5420.

SEPTEMBER 26 THRU 28

NEWARK—Registration for the Junior Museum 1995 Fall Weekday Youth Program, After-School, and Home-School Workshops at The Newark Museum from 11 to 4 p.m. For more info call 201-586-6550.

SATURDAY, SEPTEMBER 30

NEWARK—Registration for the Junior The Newark Museum at 10 a.m. For more info call 201-586-6550.

Read any good books this summer? Many can be found at your local public library. Don't waste your summer. READ.

Rutgers offers free college guide for high school students

NEW BRUNSWICK—Rutgers The State University is offering a free four-page guide, "Do you want to go to college?" to help students prepare for college. The guide recommends course selections that will give students a solid background enabling them to choose from a variety of programs in college.

The guide, which converts into a wall chart so students can track their progress during their high school years, also offers a "Keys to Success" section which gives advice on what to focus on each year from ninth through 12th grades. Copies are available by writing to Rutgers' Office of Undergraduate Admissions, P.O. Box 2101, New Brunswick, NJ 08903-2101.

Deadline set for teen pageants

EAST BRUNSWICK—August 25, 1995 is the final deadline to submit application to compete in the 1996 Miss New Jersey USA & Teen USA Pageant. The pageants will take place at the Cherry Hill Sheraton Hotel, beginning on Friday, November 10-12, 1995. The state pageants are the official preliminaries to Miss USA & Teen USA. For entry information, please send: name, address, telephone number, date of birth and brief bio to: Miss New Jersey USA & Teen USA, Dept. "PP", P.O. Box 834, East Brunswick, NJ 08816 or call 1-800-647-7871.

YOUTH BEAT

Teens experience the life of a police officer

PLAINFIELD—What does it take to be a police officer? Five teenage graduates of the Plainfield Police Explorer Academy Post #118 found out the old-fashioned way...they experienced it.

Sergeant Leroy Pittman, senior, and Chevon Thomas, junior, Shanda Latham, junior, all of Plainfield High School; Jovet Jackson, junior, and Elicia Gaston, junior of North Plainfield High School have earned the right to shed their blue sweat suits and to proudly wear their impressive blue and grey Police Explorer uniforms, at their recent graduation.

During the graduation exercises, held at Washington School, in

conjunction with community awards for the Community Oriented Policing (COP), Thomas said she plans to become a lawyer and this course is helping her attain that goal. Thomas also received an additional award for academic excellence at the graduation. Jackson, who said he plans on being a veterinarian, was fitted for his perfect attendance.

The Police Explorer Academy met on Saturdays for three months, utilizing the facilities of the YMCA in Plainfield and the Plainfield Police Division classroom. Both the drama and the day to day aspects of law enforcement were covered along with physical training, CPR, field interview-

ing, crime scene searches, fingerprinting and motor vehicle investigation.

During the summer months, the Explorers have been involved in a community service projects with the Plainfield Health Center, generated capital through a community car wash and assisted the police division with the Fourth of July Parade and National Night Out.

The month of August is break time for the explorers and meetings will resume again in September. Young people ages 14 to 20 are eligible to join the Police Explorer Post #118. For more information, contact Plainfield Police Detective Sergeant Donald B. Moye 908-753-3024.



Police Sergeant Donald Moye (r) post advisor and Acting Police Chief John Wiscoll (l) pictured with the explorers (l to r) Leroy Pittman, Jovet Jackson, Shanda Latham, Chevon Thomas and Elicia Gaston at the graduation ceremony.

Senator Rice advocates youth program

NEWARK—NJ State Senator and Newark West Ward Councilman, Ronald Rice, is urging high school drop-out teenagers and their parents to submit applications for the fall 1995 New Jersey National Guard Challenge Youth Program which begins in September.

"Challenge" is a two-phase program designed to take high school drop-outs and give them a diploma, as well as the tools with which to become productive, successful contributors to society and their community.

The first five-month residential phase concentrates on academic training, including GED, life skills, work skills and personal responsibilities. As a strong promoter of productive youth alternatives programs, Rice emphasizes "this program is slightly different in that it gives young people

a second chance at getting their high school diploma (GED) while building character and positive values and providing job training."

Students seem to have benefited greatly from the program as many of them "have expressed their personal views on the program in a newsletter. Chad Campbell wrote about what he thought to be the most important part of the program.

"The most important part of the program is the education. Teachers prepared us for the GED test. When I graduate from this program, I plan to continue my education in criminal law," said Campbell.

Another student, Manny Harkey, said the program helped improve his attitude saying it, "changed my attitude, the way I talk to people and my appearance."

"It helped me to maintain high values and morals. It helped me to identify what I want to accomplish in life," Harkey wrote.

Other members like Allen Wells believe it gives youth a second chance at life. "When I was at home I constantly stayed in trouble. All I ever worried about was getting a ride to New York, so I could pick-up drugs... the Challenge program can only bring positive aspirations and attitudes out of young teens in New Jersey."

An application deadline for the September '95 class has not yet been determined, but applicants are urged to apply as soon as possible. The program requires applicants be New Jersey residents, between the ages of 16 and 18, a high school drop-out, and not currently involved with the criminal justice system in either a parole or probation status. Upon completion of phase cadets receive a \$2,200 stipend to be used to continue their education or assist in further job training.

The Challenge Program is federally funded through the U.S. Department of Defense and the National Guard Bureau. For applications and additional information call the Challenge Program office at 1-800-997-5587.

NAACP youth demand a fair trial for Abu-Jamal

MINNEAPOLIS, MINN.—NAACP youth representatives from the Pennsylvania State Conference Youth and College Division, Bergen County (NJ) Youth Council and the Cornell University College Chapter distributed a petition demanding a fair trial for Mumia Abu-Jamal in the name of the NAACP last month at the 86th NAACP National Convention in Minneapolis, Minnesota.

The petition demanded: a fair trial for Mumia Abu-Jamal; that Judge Sabo is not assigned to hear Mr. Abu-Jamal's appeal; that the Fraternal Order of Police be investigated for any misconduct in relation to Mumia Abu-Jamal case; and an end to the perpetual sentencing of African Amer-

icans to death row.

The NAACP youth solicited 200 signatures at the convention and are currently working to solicit more signatures from NAACP members throughout the country. Copies of the petition have been sent to Pennsylvania governor, Tom Ridge.

Despite the restructuring and financial difficulties of the national NAACP, the youth of the NAACP affirmed their commitment to civil rights and the fight against the legal lynching of African Americans.

For more information about the petition call Wendt Dunlap, National Youth Work Committee, Cornell University College Chapter at 201-483-8580.

City delegation to youth games sparkles

NEWARK—The City delegation to the 1995 "U.S. Youth Games," sponsored by the Newark Division of Recreation and Cultural Affairs (DORCA), was impressive at the games held recently in Columbia, South Carolina, with the track and field squad bringing home 17 gold, nine silver and five bronze medals.

The Newark team (ages 9-15) competed against squads from eight major American cities in seven sports: boys' basketball, girls' basketball, bowling, tennis, volleyball, track and swimming.

"I applaud the fruitful efforts of our young athletes for another successful competition," Mayor Sharpe James said. "The games are an excellent way for youth to learn about discipline, sportsmanship and hard work."

Overall, the track team placed second, Newark won 10 silver medals in volleyball and placed second overall. Team members are (Jemell Rayam, Marchell Moore, Chris Feliciano, Toussaint Terrell, Joshua Moore, Derrick Rayam, Nicole Duck, Andrio Ewing, Josephy Flores and La Trivia Owens). In bowling, Jason Payne and Ronnie Mills won the gold and bronze medal, respectively, in the boys' division.

Tahitia Torres won a silver medal in the girls' division, the doubles squad (Danielle Rinaldi and Jason Payne) won silver medals, while the city finished third overall, organizers noted.

In swimming, Daniel Ascencio, age 15, won the 200-meter individual medley (IM) and 500-meter freestyle, as well as placed second in the 100-meter freestyle. Jenise Yerovia, 10, captured bronze medals in the 100-

meter IM, 100-meter freestyle and 50-meter freestyle, and Michele DeFresco, 14, won bronze medals in the 200-meter IM, 100-meter freestyle and 50-meter freestyle, organizers noted.

Additional track achievements in the boys' 11 and under division: Andre Francis was first in the 100-meter dash, 200-meter and 4x100 with respective times of 12.4, 27.1 and 54.0. Julius Hunter was second place in the long jump, and Saldin Davis was third in the 400-meter. In the boys' 12 & 13, Terrell Ratliff took first place in the 100 meter and 200-meter dash with respective times of 11.3 and 24.3. Anthony Davis won the high jump with a leap of 4'10, and Dwayne Tucker placed second in the 800-meter with a time of 2:19, in the boys' 14 & 15.

Bonniwell Graham won the 400-meter with a time of 51.2 and captured first place in the sprint medley. Jahmeer Reynolds took first in the 200-meter with a time of 22.3 and won the sprint medley, and Alphonse Riyon took second place in the 1500-meter and 800-meter run. In the girls' 14 & 15, Melissa Barber won the 100-meter with a time of 12.4 and finished second in the sprint medley. Mikele Barber captured the 200-meter with a time of 26.4 and took second place in the sprint medley. Jeanette Taylor finished first in the long jump and second in the sprint medley.

Ayana Coleman took second in the 400-meter with a time of 59.6 and second in the sprint medley. Sherry White finished second in the 1500-meter run with a time of 5:17, second in the 800-meter with a time of 2:29.

See YOUTH Games/page10

Owen Fletcher named Governor's Scholar recipient



PLAINFIELD—Owen Fletcher, of Plainfield, was named the "1995 Governor's Scholar in Public Issues." Fletcher was nominated by his high school guidance counselor and the Union County Superintendent of school's office for maintaining a 94.3 grade average. Fletcher is the editor of his school's newspaper and is a member of the Debate Club. He will attend the Governor's School of New Jersey at Monmouth University this summer.

High School Redirection holds registration for drop outs

NEWARK—High School Redirection, an alternative high school that offers drop outs a chance to earn a high school diploma, will be open for fall registration weekdays from August 21 through September 1, between 9 a.m. and 3 p.m.

Counselors will be on site then to meet with young adults aged 16-21 and help them register to enroll for the school's fall semester. Students must be Newark residents.

Instruction at the school is geared to each student's needs and allows

them to progress at their own pace. The average class size is just 15 to 18 students. All students will be expected to complete applications before they graduate, notes Means. General business courses, including record keeping, are also available.

Instruction at the school is individualized. Each student is expected to complete work for a particular course, but may do so at his or her own pace. For more information, call 201-733-7067 or 7068.

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Newark Health Department issues heat guidelines

NEWARK—As the heat wave continues, officials of the Newark Department of Health and Human Services (HHS), warn that older adults and young children are among those greatest at risk of becoming victims of heat exhaustion or stroke.

Heat stroke symptoms are: hot, red skin; very small pupils; dry skin (if not sweating from exercise) and very high body temperature (up to 150 degrees).

Bobbi Ruffin, acting HHS director, said, "A heat stroke is life threatening, and an ambulance should be called immediately. The victim's temperature-control system, which produces sweat to cool the body, stops working."

"The body's temperature can rise so high that brain damage and death may occur. The first-aid help must be

administered fast—quickly cooling the victim's body. They should be immersed in cool water or wrapped in wet blankets," Ruffin added.

The following guidelines, issued by the HHS, can help residents better cope and avoid heat-related illness:

- stay in the coolest environment available, using air conditioners or fans, keeping windows open and spending time in air-conditioned public places if there is no air conditioning in your home.

- drink plenty of cool, non-alcoholic liquids, especially water

- eat light, easily digestible food

and avoiding hot, heavy meals, while limiting cooking to help keep indoor temperatures down

- do not increase salt or potassium intake without consulting a physician
- be sure to check with your doctor or pharmacist before taking any medication (some drugs increase the risk of heat-related illness)

- wear loose-fitting, lightweight and light-colored clothing, making sure your head is protected from the sun

- limit activity, especially during the hottest part of the day; adjust hours whenever possible and provide

frequent breaks with plenty of fluids (especially for individuals who must work outdoors)

- bathe or shower frequently in cool water.

Although not as dangerous, heat exhaustion is also very serious. The signs of the illness are as follows: heavy sweating; cool, pale and moist skin; near-normal body temperature; dilated pupils; headache; nausea; dizziness and vomiting. Exhaustion should be cooled by fanning and applying cold packs or wet towels, while allowing the victim to drink a half glass of water every 15 minutes.

On site after care offered in schools

PLAINFIELD—Once again, this year, The Alma McLeod Foundation will offer an On Site Aftercare Program in the elementary schools in Plainfield. The program will begin on September 7 and will be offered in F.W. Cook, Emerson, Evergreen, Woodland, Jefferson, and Clinton schools.

On site care runs from 2:30 to 6 p.m., Monday through Friday. Homework is stressed and a snack will be provided. Arts and crafts and other activities will also take place. There is a \$15 registration fee and tuition must be paid one month in advance.

The cost of the program is \$40 a week for one child, and \$30 additional for a second child. Prearranged drop-in schedules can be accommodated. For additional information please call 908-755-6552.



Public Service Electric and Gas Company (PSE&G) and Shell Oil Products Company officially opened the first public fueling station in New Jersey for natural gas vehicles (NGV) this month. Joining in the ribbon cutting ceremony are (left to right) Nusha Wyner of the New Jersey Board of Public Utilities, John Elston of the New Jersey Department of Environmental Protection, Office of Air Quality Management, Eddie Sald of Eddie's Shell, Thomas M. Crimmins of PSE&G, Denis Maxson of New Jersey Shell Operations and Bill Macchi, deputy mayor of Jersey City.

Soccer clinics offered for disabled

CRANFORD—Instructional soccer clinics for people with developmental disabilities will begin on September 10. The clinics will be taught by experienced instructors who teach skills and oversee exercises which reinforce game techniques and strategies.

Clinics will be held from 1 to 2 p.m. on the Boulevard Field in

Nomahegan Park, Cranford, and every consecutive Sunday through October 15.

There is a \$3 registration fee, payable in advance. For further information about this program, as well as others for people with disabilities, contact the Union County Division of Parks and Recreation at 908-527-4900.

Jerry Lewis Labor Day telethon



Jerry Lewis and Thomas Diaz, National Goodwill Ambassador for MDA.

TUSCAN, AZ—Muscular Dystrophy Association's (MDA) national chairman Jerry Lewis, along with hundreds of entertainers, sports luminaries and pacesetters in business and public life will participate in 30th Annual Jerry Lewis "Stars Across America" Labor Day weekend broadcast for muscular dystrophy.

The program airs from Sunday, September 3 at 9 p.m. EDT through Monday, September 4, 6:30 p.m. This year's goal is to exceed the 1994 pledge total of \$47.1 million.

Why should forfeiture laws concern you?

by John Paff

Suppose your son borrows your car to take some friends bowling. Unbeknownst to your son, one of the friends previously arranged to buy drugs at the bowling alley. The police, tipped off by the buy, arrest the friend and the dealer. Your son is not arrested, but your car is confiscated. The county prosecutor offers you your car back if you pay him \$2,500. After speaking with your lawyer, you grudgingly agree to the deal.

Hey, what just happened? Why should you have to pay? You understand why your son's friend and the dealer were arrested, but what justifies the seizure of your car when neither you nor your son committed a crime?

Unfortunately, the state doesn't need to justify its actions. In fact, under the above circumstances, the burden would be on you to prove yourself innocent in court! According to the law, you would have to prove two things before you could get your car back. First, you would have to prove that, as owner of the car, you were not involved in or aware of the drug buy. Second, you would have to convince the court that you did not act with "reasonable expectation" to prevent your car from being used in connection with the crime.

(If you think I'm making this up, read the statute—N.J.S. 2C-64-5(b)). After learning how considerably the deck is stacked against you, and after calculating the time and lawyer's fees it would take to get your case before a court, you would probably have to agree to the prosecutor's demands.

For the sake of argument, suppose that you did wish to contest the seizure of your car. You'd be in for the fight of your life. Here are a few of the problems you would run into:

1. The prosecutor has 90 days from the date of seizure to decide whether or not to file a forfeiture complaint against your car on the 89th day after seizure (notice that he files the complaint against your car, not you. Your case will be known as State of New Jersey v. One (1) 1990 Accord Legend).

2. Suppose he actually wants your car and wants to punish you too. Then, he would file the forfeiture complaint against your car on the 89th day after seizure (notice that he files the complaint against your car, not you. Your case will be known as State of New Jersey v. One (1) 1990 Accord Legend).

3. You now have to hire a lawyer to contest the action. Meanwhile, the prosecutor files a motion asking the court to let him use the car for "law enforcement purposes" while the case is pending. The court will grant the order because the forfeiture statute (N.J.S. 2C-64-6) says that such "approval shall be liberally granted." All right, now your case is pending and the local police are using your Accord to track rookies how to drive around traffic cones at high speeds. Had enough?

4. Now your case comes up for trial. But it's not really a trial, it's a "summary hearing." This means that there is no jury. The case is decided by a single judge. Judges are typically less sympathetic than juries.

5. During the year or two that elapses while the matter is working its way through the courts, you still have to make your car payments. And if your car insurance policy lapses, your bank or finance company will purchase insurance to protect their investment in the car and add the premiums to your payments. If you don't pay, expect to be sued.

Have you had enough yet? Not surprisingly, law enforcement officials enthusiastically embrace forfeiture laws. Why? Money, and lots of it.

In the mid-1980's the legislature amended the forfeiture statute so that forfeited cash and property would go directly into a special fund under the prosecutor's control. Prior to this amendment, all confiscated money and property went into the general treasury. To compound the problem, the amendment also directed county prosecutors to "divide the forfeited property...with any other law enforcement agency [which] participated in the surveillance, investigation, arrest or prosecution resulting in the forfeiture." (N.J.S. 2C-64-6) In other words, both the county prosecutor and the local cops get a chunk of the loot.

Giving law enforcement agencies the power to keep what they seize is about as sensible as giving whiskey and car keys to teenage boys. Such power has made some law enforcement agencies indistinguishable from bands of marauding outlaws.

Although police and prosecutors vigorously deny that financial incentives skew their priorities, Department of Justice (DOJ) statistics show that forfeitures increased by 1,500 percent between 1985 (when "profit sharing" amendments came into vogue) and 1992, the year the DOJ study was done.

According to an article in the June 22, 1992 New Jersey Law Journal, Monmouth County Prosecutor John Kaye's office seized 400 cars during a two month period in 1991 "then implemented a de facto fine system for defendants to repurchase their cars from the county. He says the defendants each paid about \$750 to \$1000 for their cars. 'It's typical of what we do,'" said Kaye. "We try to cut down on the paperwork as much as we can. Essentially, what we do is, we work out a fine schedule that we can all agree on, and that doesn't clutter up the courtroom."

Fortunately, there is a bill in the state legislature that would put the burden of proof back on the state in forfeiture cases and require prosecutors to convict a person of something, even a petty disorderly persons offense, before being allowed to forfeit his or her property. (That's right—under the current law, prosecutors can still forfeit your property even if you're acquitted of the criminal charges filed against you. Innocence is irrelevant in forfeiture cases. See State v. One 1988 Honda Prelude, 252 N.J. Super 312, 599 A.2d 932 (A.D. 1991))

In August 1994, California passed AB-114, a reform measure that raised the state's burden of proof in forfeiture cases, provided for trials by jury in forfeiture cases, and required the state to prove a person guilty of some crime as a necessary prerequisite to forfeiture. Hopefully, our legislature will follow suit and pass A-627. They should reaffirm our nation's basic legal principle of "innocent until proven guilty" and not again cave in to the prosecutors' insatiable appetite for ready cash.

Also, action is being taken on the federal front. Rep. Henry Hyde (R-IL)

See FORFEITURE LAWS/page 8



August's "Movie Of The Month"

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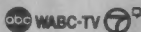
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Big Jack Johnson won all of the year and just returned from a European Tour.

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*Transfer drawing. (Draws likely to be rolled-4). Second prize \$1000.00. All prizes subject to change. City News Down Home Blues P.O. Box 110 Plainfield NJ 07061

Quote of the week

A man without force is without the essential dignity of humanity. Human nature is so constituted, that it cannot honor a helpless man, though it can pity him, and even this it cannot do long if signs of power do not arise.

—Frederick Douglass

ARTZ WEDNESDAY

Sneak a peak at the fall television line up

BILLBOARD

WEDNESDAYS
NEW YORK—The Last Magic Show starring illusionist Richard Robinson at the Playhouse Theater at 8 and 10 p.m. For more info call 212-779-0170.

WEDNESDAY, AUGUST 23
NEWARK—Jazz in Military Park, co-sponsored by WBGO. Jazz 7:30 from 5 to 8 p.m. For more info call 201-733-6454.

FRIDAY, AUGUST 25
NEW YORK—KISS FM classic soul dance party at S.O.B.'s at 5 p.m. Showtime at 8 p.m. For more info call 212-243-4840.

FRIDAY, AUGUST 25
NEWARK—Amber & Company, contemporary jazz show in Lincoln Park, from noon to 4 p.m. For more info call 201-733-6454.

AUGUST 25 THRU SEPTEMBER 18
ATLANTIC CITY—Major Exhibition of Art by Peter Max at Circle Gallery in Baby's Park Place Casino. For more info call 609-348-4800.

SATURDAY, AUGUST 26
WAYNE—Single Option's social at the Wayne Presbyterian Church. For more info call 201-681-0335.

NEW YORK—The Dow Time U.S.S. Intrepid gala (party) from 9 p.m. to 3 a.m. For more info call 212-695-7643 (10 a.m. to 6 p.m.).

SUNDAY, AUGUST 27
ENGLEWOOD—An evening of Blues with Big Jack Johnson and others at the Henry Douglas Post #58 American Legion at 5 p.m. (bus leaves from Plainfield). For more info call 908-755-6141.

TUESDAY, AUGUST 29
NEW YORK—Heineken Jazz and Blues Festival at The Paramount. For more info call 212-465-MS51.

NEW YORK—Get Smart Reggae Showcases at 9 p.m. at S.O.B.'s. For more info call 212-243-4840.

WEST BURY—The Robert Cray Band and special guest Taj Mahal and Charlie Musselwhite at Westbury Music Fair at 8 p.m. For more info call 516-334-0800.

NEW YORK—Once again, it's that time of the television season to see which of your favorite shows will be back for another season and which new show were added to the line up. To help you get ahead on things here is a sneak-peak at the FOX, WB, Discovery and ABC Networks, new fall line-up.

FOX's Thursday line-up returns hitting your funny bone for a third season, with the gang from *Living Single*, at 8 p.m., starting Queen Latifah, Kim Coles, Kim Fields Freeman, Erika Alexander, John Henton and T.C. Carson. The series follows six upwardly mobile African-American friends living in New York City trying to make sense of their lives, their loves and their careers.

At 8:30 p.m., *The Crew*, the new comer to the FOX family is also guaranteed to make you laugh. This hard-edged, half-hour comedy focuses on the lives of four young friends who work together as flight attendants. The cast stars Jess Janson (Rose Jackson), born and raised in Philadelphia with a tell-like-it-is attitude. Her roommate, is Maggie Reynolds (Kristin Bauer), who questions her ultra-conservative, Salt Lake City upbringing.

Sharing the journey is Randy Anderson (Charles Esten), a handsome southerner who became a flight attendant to meet women, and Paul Steadman (David Burke), a warm and utterly winning guy who dreams of



The cast of *Living Single*, (l-r) Queen Latifah, Kim Fields Freeman, John Henton, Erika Alexander, T.C. Carson and Kim Coles.

finding love and settling down—if only he could find the right man.

Also starring in *The Crew* and Lenora Zwick (Christine Estabrook), the crew's passive aggressive supervisor and MacArthur "Mac" Edwards (Donnie T. Whitfield) a bar tender at the local hot spot who has a budding romance with Jess.

At 9 p.m., those street smart detectives return on *New York Undercover* starring Malik Yoba (J.C. Williams) and Michael DeLorenzo (Eddie

Torres). But this time around they face new competition. Detective Nina Moreno (Lauren Velez), a street-smart female detective out to prove herself. Still supervising the ardent officers is Lt. Virginia Cooper (Patti D'Arbanville-Quinn), a tough, pull-no-punches squad leader. The WB Network returns with a brand new line-up for Wednesday and Sunday evenings.

On Wednesdays, at 8 p.m., it's *Sister, Sister* starring Tim Reid, Jackie Harty, Marques Houston and Tia and Tamera Mowry. This half-hour

comedy—a reunited set of identical yet opposite teenage twins whose parents are complete opposites, yet all live together as one big happy mixed-up family is the newest addition to the Wednesday line-up.

Returning are Robert Townsend's *The Parent Hood*, *The Wayans Bros.* starring Marlon and Shawn Wayans and *Unhappily Ever After* starring Nikki Cox at 8:30, 9:00 and 9:30 p.m. respectively.



The cast of *New York Undercover* (l-r) Michael DeLorenzo, Patti D'Arbanville-Quinn, and Malik Yoba

Sunday nights on WB include: Steven Spielberg Presents *Pinky & The Brain* an animated half-hour cartoon, 7 p.m.; *Sister, Sister*, 7:30 p.m.; *Kirk*, starring Kirk Cameron of *Growing Pains*, 8 p.m.; *Simon*, Harland Williams stars as a Forrest Gump-like character in NYC, 8:30 p.m.; *First Time Out*, with Jackie Guerra, the first Latina to star in her own TV series, 9 p.m.; and *Cleghorne*, starring Satur-

puppets traveling through space and time to encounter adventures and fantasies.

ABC heats it up with two new mini-series, *Dead Man Walk*, a coming-of-age story about the characters from *Lonesome Dove* in their earlier years and *Innocent Victims*, a story about a father's determination to prove his son innocent of murder. ABC also has a host of movies for the whole family including *The Return of Alif* and *Annie II*.

Black Boy to air on PBS

Richard Wright's *Black Boy* Produced by Madison Davis Jacy, Jr. will be aired on PBS from Mississippi Educational Television and TVS. The first full-length documentary on the life, work, and legacy of Richard Wright, acclaimed author of *Native Son* and *Black Boy* and other influential works. Pictured is Wright in his living room in Paris, circa 1949. Photo Credit: national Archives



The late Richard Wright



The cast of *The Crow* (l-r) Donal T. Whitfield, Charles Esten, Kristin Bauer, Rose Jackson and David Burke.



Sparrow recording artist CeCe Winans recently joined Whitney Houston to perform *Bridge Over Troubled Water* on the second annual VH1 Honors. Held at the Shrine Auditorium in Los Angeles, the concert saluted the charitable contributions of today's top performers such as Michael Jackson, Boyz II Men, Bette Midler, Vince Gill, Annie Lennox, Smokey Robinson and Houston, who was honored for her work with the Whitney Houston Foundation for children.

Listen to Taste The Love



Leon Ware

"BURBANK" CA—The legendary Leon Ware, a master musician in the world of R&B classics, is inviting listeners to Taste The Love, his new album release on his independent label, Kitchen Records. A sumptuous selection of 14 songs, the album provides the tastiest of ingredients for even the most avid of music gourmets.

With Taste The Love, Leon Ware demonstrates that he is still the reigning chef. A quiet giant in the realm of R&B magic, Ware's Taste The Love is a soulful collection of the most sensual of sounds.

With the establishment of Kitchen Records, music lovers can only rejoice that Leon Ware is still in the kitchen, mixing up audio goodies. As we Taste The Love from his current music collection, it may well prove to be this quiet giant's best recipe to date!



Discover the Flight Over the Equator

On Sunday, August 27 at 9 p.m. The Discovery Channel will take its viewers on a fascinating, yet unlikely journey as it travels around the world—literally—to present *Flight Over the Equator*. This world premier, original television production takes viewers across three countries to eight different locations as it examines the geography, the cultures and the effects of globalization on the lives of the people along the equator. Featuring stunning cinematography and an original world music score, *Flight Over the Equator* brings Discovery viewers the world as never before. (left to right, top to bottom) are Kayapo warrior, Brazil; Samburu boy, Kenya (photo credit: Geoff Burton); Nias girl, Sumatra; Samburu warrior and wife, Kenya; Ecuadorian woman, Ecuador and Nias warrior, Sumatra.

Photo by Geoff Burton

George Benson

Special Guest Star

Roberta Flack

GARDEN STATE ARTS CENTER

Wednesday, August 30

\$28.00, Lawn \$18.00

8:00 Curtain

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STARTS FRIDAY, AUGUST 25TH

BUSINESS

BUSINESS CALENDAR

August 30 thru September 1
NEW YORK—Strategies for Developing Effective Presentation Skills seminars. For more info call 1-800-262-9699.

Wednesday, September 6
SOMERSET—Somerset County Chamber of Commerce Business Card Exchange at the Ramada Inn. Call 908-725-1552.

Friday, September 8
PLAINFIELD—Dressing for Success workshop for women at the YWCA Urban Women's Center from 10 a.m. to noon. For more info call 908-756-5000.

Monday, September 11
NEW BRUNSWICK—Business Managers You want me to do what? conference at the Hyatt Regency. For more info call 908-721-3030.

PLAINFIELD—Stress Management workshop for women at the YWCA Urban Women's Center from 10 a.m. to noon. For more info call 908-756-5000.

September 11-13
NEW YORK—Strategies for Developing Effective Presentation Skills seminars. For more info call 1-800-262-9699.

Monday, September 18
CHICAGO—African American Market conference at the Hotel Inter-Continental. To register call 1-800-569-4959.

September 18-20
NEW YORK—Second Annual Circulation Management Conference and Expo at the Manhattan Crown Plaza. For more info call 212-979-0730.

Tuesday, September 19
NEWARK—Public Affairs Research Institute breakfast program at the Newark Club at 8:30 a.m. For more info call 908-452-0220 or fax 908-452-1768.

CHICAGO—Hispanic Marketing Conference at the Hotel Inter-Continental. To register call 1-800-569-4959.

September 19-24
WASHINGTON, DC—CBC Week, sponsored by the congressional Black Caucus Foundation, Inc. Call 202-675-6730.

PLAINFIELD—Changing Careers workshop for women at the YWCA Urban Women's Center from 10 a.m. to noon. For more info call 908-756-5000.

PLAINFIELD—Effective Newsletters: tips and techniques workshop to help sharpen up their newsletters. Enrollment is limited to 20. For more info call 908-756-5000.

Thursday, September 21
BRIDGEWATER—Breakfast with Goliath Returns, meet one on one with purchasing agents from large area corporations, sponsored by the Somerset County Chamber of Commerce. Call 908-725-1552.

PLAINFIELD—Credit Savvy workshop at the Community Education Center from 7 to 8:30 p.m. For more info call 908-756-5000.

Lincroft, NJ—Trade Financing for Exporters Only sponsored by Eximbank, US SBA, NUSCO and NJEDA at Brookdale Community College. Call 201-645-3830.

African-American leaders try to solve economic problems

OAKLAND, CA—African-American religious and business leaders were invited to an "economic roundtable summit" that will seek to "develop systems to maximize the potential for growth in dollar values of black churches and businesses."

The planners, headed by veteran business developer Oscar J. Coffey, Jr., president and CEO, U.S. African American Chamber of Commerce (USAACCC), contend that the churches, black press and black businesses together constitute "an amazingly large potential resource" that many African Americans have never

fully understood. The summit took place during the USAACC's 8th Annual Convention in Oakland, last month.

"We invited representatives of all denominations to join in these discussions with the business community to find workable solutions to known African-American economic problems," said Coffey. He added that educators, politicians, the media, representatives of the travel and tourism industry and any other group with strong historic ties to the black church were also welcomed.

"All our lives we have seen the

dilemma," said Coffey, "in which we take many millions of dollars to commercial banks every Monday morning—following the Sunday collections, pledges and tithes—and we are reined by these very same banks when we want a mortgage or a business loan."

Coffey continued, "It would not be difficult for us to think of how to develop the federally insured banking institutions that would take our deposits, secure them and then help us to make use of money for our community's best self-interest the same way that other groups of Amer-

icans do now.

"What's wrong with us owning banks, credit unions and pension funds and/or strengthening the banks, credit unions and pension funds we now own?" he asked.

One area Coffey believes offers "a tremendous window of opportunity" for black involvement is the travel and tourism industry. He encourages churches to join local chambers of commerce and other African-American business groups in investing in small hotels, motels and inns.

Another means of generating income is for churches to develop mo-

tor pools utilizing the large inventory of buses they have on hand. These buses—now generally only used on Sundays—could become major income-producing and employment tools.

"If we were to seriously pursue these options, within a very short time we would begin to benefit from the estimated \$30 billion African Americans spend on travel, tourism and conventions each year. Black-owned hotels could begin by serving as overflow facilities for major hotels in cities where we hold our conventions, and grow from there, while fleets of church-owned and operated buses could provide service to and from the hotels," he suggested.

Some black churches have long used their numbers and incomes to help build and rebuild many sections of African cities. In addition the African American interest in economic development has mushroomed during recent years, providing our community with many thousands of persons—educated on the job or in the universities—seeking to take part in honest, progressive and "do-able" development projects.

"We need to bring the best minds from a variety of fields with links to the church to the table for frank, goal-oriented discussions about the economic future of black America," Coffey said.

African Marketplace nominated for 'Top 100 Events'

LOS ANGELES—The African Marketplace & Cultural Fair has been nominated for inclusion in the 1996 listing of the American Business Association's (ABA) "Top 100 Events in North America."

The Los Angeles-based fair is one of seven events so nominated by the California Trade and Commerce Agency's Division of Tourism.

"We are honored to have been recognized by the California Trade and Commerce Agency and look forward to being included in the ABA listing so that more people from around the world will be acquainted with the Marketplace," says James Darks, Marketplace executive

director.

Now in its 10th year, the African Marketplace & Cultural Fair is an annual event, which in recent years has attracted more than 360,000 visitors over a three-week period during the months of August and September.

Featuring thematic pavilions of music, art, textiles, crafts, food and entertainment from throughout the African Diaspora, the Marketplace is a renowned summer fixture in the cultural life of Los Angeles. This summer, the Marketplace will run from August 19 - September 4, at Rancho Cienega Park, Los Angeles.

Viewed by many as a "Global

Village," the Marketplace is an attraction for Southern California natives and visiting tourists alike. It has an estimated economic impact of \$15 million on the City of Los Angeles and typically generates more than 2,500 jobs.

A model of cooperation between

public, nonprofit and corporate entities, the Marketplace also plays a positive role in bringing together Southern California's many distinct cultural, social and economic communities, uniting them in their shared relationship to and appreciation for derivatives of Africa.

Forfeiture laws

Continued from page 6

introduced H.R. 1916 on June 22, 1995. If enacted this bill would make several significant changes in the federal asset forfeiture law. Last year, Rep. John Conyers, Jr. (D-MI), the then Chairman of the House Government Operations Committee, investigated complaints by citizens who have had their property and money confiscated by the government without having been charged with a crime.

Conyers found that police often snare innocent people by using "drug courier profiles" that target African-Americans, Hispanics, and Asians. After his committee's investigations were completed, Conyers remarked,

"I have heard horror stories from people who have had their money seized for no other reason than that they fit a 'drug courier' profile, from a couple who lost their home even though they were never convicted of a crime, and from a man shot by law enforcement agents in the middle of the night as the result of a bad tip from an informant."

John Paff is on the Board of Directors of Forfeiture Endangers American Rights, Inc. (F.E.A.R.I.), a non-profit organization based in Mill Valley, CA.

Consumers feel businesses should pay for recycling

NEWARK—Newark Mayor Sharpe James has announced that 68 percent of those American consumers surveyed believe that businesses should pay for the cost of recycling. At the same time, 50 percent of businesses also agreed that businesses should absorb the costs of recycling.

According to the poll, 34 percent of businesses answering the survey felt that government should pay for recycling. Forty-two percent of consumers answering the poll agreed. The Gallup Poll survey on recycling was sponsored by Waste Management, Inc.

"This Gallup Poll survey supports my belief, as well as the opinion of both the United States Conference of Mayors (USCM) and the National League of Cities (NLC), that corporations that produce containers and packaging should share responsibility for recycling," James said.

"We all have a shared responsibility for recycling. It is not fair that municipalities are forced to pay the entire mandated cost to provide curbside recycling," James added. The report examines what some other nations are doing to make companies financially responsible for recycling. Among the approaches being explored abroad are:

- Advanced Disposal Fees

(ADF's)

- Packaging taxes
- Industry Take Back Laws
- Voluntary Industry Program and locally based initiatives.

Entrepreneurs get counseling on strategic thinking and innovative resourcing

NEWARK—NJ ASDO presented a workshop on Tuesday August 15 at Newark International Airport conducted by industry specialists from the Service Corps of Retired Executives (SCORE). The focus of the workshop was strategic thinking and innovative resourcing needed for business success. Essex, Hudson and Union County businesses, registered with NJ Air Services Development Office, were among the participants.

The meeting gave the participants an opportunity to observe SCORE presenters, Howard Andrews, Joseph Kaye, Peter Seckel and Walter Yee. SCORE's newly appointed chairman, as they did what they knew best; business management consulting while covering all aspects of effective marketing techniques, growth and profitability.

Lee Wasserman, current SCORE chairman, reported that small business has become the na-

tion's primary job creator. Experts project that this trend will continue, with only 5 percent of the American labor force employed by Fortune 500 companies by the year 2000.

"Small Business Financing" will be the next workshop in this series, and will focus on the various

See COUNSELING page 10

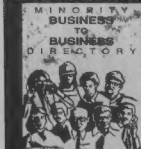
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The Hoboken, NJ Purchasing & Materials Service Center of the U.S. Postal Service is actively seeking to do business with all small, minority and woman owned businesses in the Northern and Central New Jersey area.

Contracts are awarded competitively for a wide variety of supplies and services, including but not limited to industrial equipment and hardware, maintenance, janitorial and food services, computer hardware and support services and temporary office help.

Solicitations may be obtained from post office lobbies (for local office requirements) or prospective offerors may call 201-217-2200 to inquire what solicitations are currently open throughout the Northern and Central New Jersey area. Large dollar solicitations (those in excess of \$100,000) are advertised in the Commerce Business Daily. Please call 202-512-1800 for information on obtaining single issues or subscriptions to this publication.

In addition to posted solicitations, contractors are invited to have their company placed on our source list for future supplies or services requirements. Contractors should submit their company name, a brief description of the supplies or services they provide, and the geographical area they serve, to:

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**INVITATION TO BID
HOUSING AUTHORITY OF PLAINFIELD**
BID NO. PHA195-95
The Housing Authority of Plainfield (PHA) will receive sealed bids for the following:

On August 30, 1995 AT 3:00 P.M.
FIRE ALARMS
All bid packages shall clearly indicate the specific applicable bid number and will be addressed and received on the date of the bid by the Housing Authority of Plainfield, 518 East Front Street, Plainfield, NJ 07060 at which time and place the bids will be publicly opened and read aloud.

Seal Specifications for the above are available for pick up at the Main Office of the PHA at the same address. Telephone: (908) 733-1127.

Bid Bonds and performance Bonds are not required for these bids. Bidders are required to comply with the requirements of P.L. 1975, C.127 Minority Business Enterprises (MBE) will be offered a full opportunity to bid, and will not be subjected to discrimination on the basis of race, color, gender or national origin in consideration of an award.

The PHA reserves the right to reject any or all bids and waive any informalities therein. The PHA reserves the right to reject any partial bids, and to award all or a portion of the award to one or more responsible bidders.

No bid shall be withdrawn for a period of sixty (60) days subsequent to the opening of bids without the consent of the PHA.

THE HOUSING AUTHORITY OF PLAINFIELD
RICHARD D. FOX
EXECUTIVE DIRECTOR
08/23/95 FEE \$21.50

ADVERTISEMENT FOR BIDS
The Housing Authority of the City of East Orange is soliciting bids for Replacement of Floor Tiles and Interior Painting of second NJ-101 Concord Towers. The project is located at the Housing Authority of 160 Haledale Street, East Orange, New Jersey 07018, on Wednesday, September 27, 1995 at 11:00 A.M., at which time they will be publicly open and read aloud.

Consent of Contract Documents including Drawings, Specifications, Information to Bidders, and Bidding Form may be obtained at the Office of the Authority between the hours of 9:00 A.M. to 4:00 P.M., Monday through Friday. A prebid conference and site visit will be conducted at 10:00 A.M., on September 13, 1995, at the Office of the Authority located at 160 Haledale Street, East Orange, New Jersey. A refundable deposit of fifty Dollars (\$50.00), payable by certified check or money order made payable to the Housing Authority of the City of East Orange is required for sealed documents. For unsuccessful bidders, deposit will be refunded upon return of such sealed, in good condition, within thirty (30) days from the date of their written request. Bids must be submitted prior to the designated time for receipt and opening of bids, and may be submitted either by mail or in person, by the Bidder or his agent. Bids must be presented in the form prescribed by the Housing Authority of the City of East Orange. No bid will be accepted after designated time.

Bids must be enclosed in sealed envelopes bearing the name of the Bidder and marked "PAINT AND FLOOR TILES REPLACEMENT, PROJECT NJ 501, CONCORD TOWERS".

No Bidder must submit with his/her bid a certified check or bond payable to the Housing Authority of the City of East Orange, US Government Bonds (at par value or satisfactory Bid Bonds executed by the Bidder and his agent) in the sum of an amount not less than five (5%) percent of the bid. Bid must be accompanied by a consent of surety.

The successful Bidder shall also be required to furnish bond and pay for satisfactory Performance and Payment Bonds for the amount of \$50,000. The surety company for all bonds must be a guaranty or surety company acceptable to the US Department of Treasury. Individual sureties will not be accepted. The surety company must also be licensed to do business in the State of New Jersey.

The Housing Authority of the City of East Orange reserves the right to reject any or all bids, in whole or in part, and to award a contract to the lowest responsible bidder in the Authority's interest.

No bid shall be withdrawn for a period of sixty (60) days subsequent to the opening of bids without written consent of the Housing Authority of the City of East Orange.

PUMPING STATION MECHANIC
The Township of Montclair an EOE/Affirmative Action Employer is seeking an individual to clean, maintain, and repair all pump and valve systems, as well as, general repairs and maintenance of the Public Works Building. Applicant must be a skilled individual (three years experience preferred) in the installation, maintenance, repair, and record keeping of various types of pump systems, motors, pumps, valves, and metering devices. Apply Township of Montclair, Human Resources, Dept. 205 Claremont Avenue, Montclair, NJ 07042. Closing date: Friday, September 1, 1995.

SANITARY INSPECTOR
The Township of Montclair an EOE/Affirmative Action Employer, Department of Health and Human Services is seeking a Sanitary Inspector who will perform routine inspections of retail food establishments and enforce appropriate state and local ordinances. Hours are Mon-Fri 8:30 a.m. - 4:30 p.m. Must be available for on-call and overtime service. Successful candidate must have a valid NJ Drivers License, two-years sanitary inspection experience is preferred. Apply Township of Montclair, 205 Claremont Avenue, Montclair, NJ 07042. Closing date: Friday, August 25, 1995.

CHIEF PUMPING STATION OPERATOR
The Township of Montclair an EOE/Affirmative Action Employer is seeking a Chief Pumping Station Operator. The successful candidate must have at least 5 years experience in the inspection, operation, and maintenance of large horsepower motors, as well as, centrifugal, turbine, and submersible pumps. In addition, he/she must have knowledge of basic electricity. A W-1 NJ State License or a 2-year Associates degree preferred. Apply, Human Resources Dept. 205 Claremont Avenue, Montclair, NJ 07042. Closing date: Friday, September 1, 1995.

MUSIC
Artist manager seeks talent to represent. R&B singers, groups. Call (201) 783-0437. Ask for Tye.

AUTO SALES
For Sale: \$3500.00. Saab 900/86. Sun roof, air condition, good condition. Call 908-756-4239.

ADVERTISE IN CITY NEWS... CALL
908-754-3400

Bidders are advised that compliance with Prevailing Wage Rate, and Equal Employment requirement is required.

HARRY C. EVERTS, JR.
EXECUTIVE DIRECTOR
08/23/95 FEE \$125.00

LEGAL NOTICE
HOUSING AUTHORITY OF THE TOWN OF MORRISTOWN
SEALED PROPOSALS
COLLECTION, REMOVAL AND DISPOSAL OF GARBAGE, RUBBISH AND RECYCLABLES

PUBLIC NOTICE is hereby given that sealed proposals will be received by the Housing Authority of the Town of Morristown (hereinafter called the Authority), in the County of Morris, State of New Jersey, at the Administration Offices of the Authority, located at 31 Early Street, Morristown, NJ 07960, on October 11, 1995 at 10:30 a.m., prevailing time. All bids will be opened publicly and read aloud at that time, for a single complete contract. The Authority reserves the right to waive any informalities in bids and to reject any and all bids if it is in the best interest of the Authority to do so.

All work incidental thereto, in accordance with specifications. Bids must be accompanied by a certified check or bid bond in the following amount:

BIDS	AMOUNT
up to \$200,000	10%
\$200,000-\$400,000	\$20,000
over \$400,001	2%

Bids must be accompanied by consent surety regardless of whether a check or bid bond is submitted. All Bids and Consents of Surety must be written by Surety Companies listed in the most recent Circular No. 570, United States Department of the Treasury.

The Contract Documents are on file and may be examined at the Administrative Offices of the Authority. Copies of the Contract Documents may also be obtained at said office upon payment by check or bank draft in the amount of \$25.00 payable to the Housing Authority of the Town of Morristown.

Each set of documents will be marked "SEALED PROPOSALS" on every set. DOCUMENTS WILL NOT BE MAILED.

The Successful Bidder will be required to furnish an acceptable Performance and Labor and Material Payment Bond, written by a Surety listed in the most recent Circular No. 570, United States Department of the Treasury, to the Authority upon receipt of such Sureties and their approval.

All Bidders must be authorized to do business in New Jersey. Any Bidder which is a corporation not chartered under the Laws of the State of New Jersey must submit an affidavit certifying that said corporation is authorized to do business in the State of New Jersey.

Bidders are to comply with the requirements of Public Law 1975, C.127, which pertains to "Non-Discrimination" and "Affirmative Action," and Public Law 1975, C.23, which requires a Statement of Corporate Ownership.

DAVID GARNER, EXECUTIVE DIRECTOR
MORRISTOWN HOUSING AUTHORITY
08/23/95 FEE \$118.80

LEGAL NOTICE
HOUSING AUTHORITY OF THE TOWN OF MORRISTOWN

The Housing Authority of the Town of Morristown invites sealed bids for the procurement of the following type of insurance coverage:

Commercial Automobile
The coverage becomes effective on November 1, 1995. The bid opening date is October 11, 1995 at 10:00 a.m. prevailing time, at the Administrative Offices of the Morristown Housing Authority, 31 Early St., Morristown, NJ.

A copy of the bid specifications can be obtained at the Administration Offices. DOCUMENTS WILL NOT BE MAILED.

DAVID GARNER, EXECUTIVE DIRECTOR
MORRISTOWN HOUSING AUTHORITY
08/23/95 FEE \$41.80

COUNTY OF BURLINGTON
PLEASE TAKE NOTICE that the County of Burlington will have a workshop to assist social and economically disadvantaged persons (SEDPs) interested in participating in the design, construction and/or operation of a co-housing facility. The workshop will be held on August 28, 1995 at 9:00 a.m. in the Freehold location of the Burlington County Administration Building, 49 Harnessed Road, Monthly, New Jersey.

The County of Burlington is undertaking a procurement process pursuant to N.J.S.A. 17:27, 17:28, 17:29, 17:30, 17:31, 17:32, 17:33, 17:34, 17:35, 17:36, 17:37, 17:38, 17:39, 17:40, 17:41, 17:42, 17:43, 17:44, 17:45, 17:46, 17:47, 17:48, 17:49, 17:50, 17:51, 17:52, 17:53, 17:54, 17:55, 17:56, 17:57, 17:58, 17:59, 17:60, 17:61, 17:62, 17:63, 17:64, 17:65, 17:66, 17:67, 17:68, 17:69, 17:70, 17:71, 17:72, 17:73, 17:74, 17:75, 17:76, 17:77, 17:78, 17:79, 17:80, 17:81, 17:82, 17:83, 17:84, 17:85, 17:86, 17:87, 17:88, 17:89, 17:90, 17:91, 17:92, 17:93, 17:94, 17:95, 17:96, 17:97, 17:98, 17:99, 17:100, 17:101, 17:102, 17:103, 17:104, 17:105, 17:106, 17:107, 17:108, 17:109, 17:110, 17:111, 17:112, 17:113, 17:114, 17:115, 17:116, 17:117, 17:118, 17:119, 17:120, 17:121, 17:122, 17:123, 17:124, 17:125, 17:126, 17:127, 17:128, 17:129, 17:130, 17:131, 17:132, 17:133, 17:134, 17:135, 17:136, 17:137, 17:138, 17:139, 17:140, 17:141, 17:142, 17:143, 17:144, 17:145, 17:146, 17:147, 17:148, 17:149, 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News

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omy and social problems, the challenge of this year's ALC is to develop strategies and viable solutions to the myriad of obstacles facing the African-American community," Lawton says. The CBOF is located in Washington, DC at (202) 675-6730.—WASHINGTON, DC

BASKETBALL STAR GIVES BACK TO COMMUNITY

Orlando Magic star Arlenwee "Penny" Hardaway held Penny's Charity Classic and raised \$100,000 which he gave to local organizations to support his hometown of Memphis. Hardaway brought scores of NBA players into Memphis for a basketball game that yielded more than \$100,000 for the city. The National Civil Rights Museum and various drug free programs—MEMPHIS TN

President Clinton

Continued from page 4

support for the president even among his own party.

Sometimes a person has to take a stand for what he or she believes in, even if it means defeat. Only in that way can one win respect from friends and foe alike. President Clinton doesn't seem to have learned that, even now.

Michael Blackmon is an inmate at Northern State Prison in Newark. He is also known as Edward Simmons, #205683 and resides in A1-East #211.

Youth games

Continued from page 5

and third in the high jump with a leap of 4'6, in the girls' 12 & 13, Keyuna Bennett finished second in the long jump with a leap of 13'7, Leah Warbel took second in the high jump with a jump of 4'0. In the girls' 11 & under, Fonati Ward finished third in the 400meter and 800-meter with respective times of 67.0 and 2:41.

Tennis instruction at Union County College

CRANFORD—Beginner and intermediate tennis instruction will be provided through two courses to be offered during August and September at Union County College.

Participants will learn and practice basic grips, forehand and backhand strokes, service, and volley. Each clinic will be conducted on the outdoor tennis courts located at the College's Cranford Campus.

Courses begin August 26 and run through September 23. Those interested should call 908-709-7600.

High stakes

Continued from page 1

American people want. In July, a national poll by Yankelovich Partners Inc. found, for example, that a majority of Americans believe the federal government should increase—not reduce—its help in the areas of job training, job placement, and family counseling for troubled young parents who aren't adequately nurturing their children.

Yet, even huge funding reductions in Medicaid, welfare, food stamps, and other safety net (entitlement) programs for children wouldn't be as devastating in the long run as the conversion of these so-called entitlement programs into capped child grants. The loss of the federal guarantee of help for sick, poor, and disabled children and their families would fundamentally change this nation.

Capped child grants would make the states financially responsible for maintaining the safety net for families and children in times of increased need. But in

the states, children would have to compete against powerful special interests for scarce resources. You can imagine the outcome. I fear we will become a nation where the wealthy and powerful prosper and the weak and vulnerable are neglected.

It's time for all of us who care about children to stand up and be counted. First, contact the White House and urge President Clinton to veto any bill that takes away the guarantee of federal help for eligible children and families.

Second, tell House Speaker Newt Gingrich (R-Ga.) and Senate Majority Leader Robert Dole (R-Kan.) not to block grant Medicaid, AFDC, food stamps, and other safety net programs. Children have never needed your voice more than they do right now. Don't let them down.

Marian Wright Edelman is president of the Children's Defense Fund, a leading voice for children, and a leader of the Black Community.

New Jersey awarded grant for career centers

TRENTON—Governor Christine Todd Whitman announced that New Jersey has been chosen to receive \$4.75 million for the first year of a three-year grant by the U.S. Department of Labor.

New Jersey was one of only seven states awarded federal implementation grants to create one-stop career centers.

Called Workforce New Jersey, the career center system will provide New Jersey employers, workers, stu-

dents and job seekers with single, direct and comprehensive access to all employment, training, education and human services programs. It also offers a rich variety of information to the business community.

"I'm very pleased that this grant recognizes and supports our aggressive efforts to reshape and integrate New Jersey's employment, training, school-to-work and job-related social service programs into a more responsive and cost-effective system," said the governor.

Black men unite

Continued from page 1

"By spending our money in our community we will be showing ourselves what we can do for ourselves. We will be strengthening black businesses and when we do that it helps to

strengthen the community as a whole. When we spend more dollars with black businesses then black businesses can hire more black people," said Larry Hamm, chairman of the People's Organization For Progress and assistant state coordinator of the event.

Davis also agreed it would leave a dent in the American economy and at the same time delight black business owners to see the impact, economically, that black Americans have on "White America. I think, will take a different posture and position... because those company's who have relied upon the black dollar, but given nothing in return for it, will realize no longer can they exploit the black dollar without giving back," added Davis.

And where will the wives, daughters, sisters, mothers, and cousins of these one million black men be on this much anticipated day? Minister Khadir Muhammad, of Mosque 25 in Newark, who is representing Min. Farrakhan for the state, says black women should stay home with their children, in case of any interruptions with their mission, and to pray for the safe return of their loved ones.

"Black women have not been given the invitation, simply because we feel as though she has been the bread winner in our family for a long, long time and we feel we owe her now... We ask women to stay out of harms way and to pray for us," stated Muhammad.

Muhammad says one of the goals of the march is also an effort to return home and reassure black women that "black men are ready and able to shoulder all of their responsibilities in terms of the family."

Gary Griffin, spokesperson for Black Cops Against Police Brutality, and an expected participant also says he thinks it's time for African American men to reclaim their place in the struggle because in the past African American women have been more involved.

"I would like to thank Min. Farrakhan and Rev. Chavis and all of those known and unknown for working diligently to facilitate this because it is their vision and leadership that has brought this to the forefront and as they make their steps we will follow behind them," says Griffin.

Counseling

Continued from page 3

sources of capital available to small businesses and current business loan programs. The workshop is scheduled for Wednesday, September 20.

Jim Brody, ASDO's business coordinator announced that the following organizations will have representatives present to discuss the programs they offer: The United States Small Business Administration, Banco Poplar, First Fidelity Bank, United Jersey Bank, SCORE (Service Corps of Retired Executives), DOT Lending Programs, New Jersey Department of Commerce, Essex County Economic Development Council, Hudson County Economic Development Council, Union County Economic Development Council, and Kean College Small Business Development Center. For additional information please call ASDO at 201-961-4278 or fax 201-961-4282 to register.

Location... Location... Location Get City News at a box near you!!

NEW BRUNSWICK

610 George St. at Rutgers Bus Stop
Somerset St. & Wall St. at Train Station
Rt. 27 & Albany St.
361 George St. at Burger King
George St. & Monument Sq.
Bayard St. at Middlesex County Court House
Bayard St. & Kirkpatrick St. at Post Office
67 Randolph St. at Board of Chosen Freeholders

PLAINFIELD

716 W Front St. at White Star
East Front St. & Madison Ave. at McDonald's
East Front St. & Somerset St.
East Front St. & Watchung Ave.
East Front St. & Roosevelt Ave. at Union County Dept. of Human Svcs.
East 2nd St. & Church at Union County College
East 2nd St. & Watchung Ave.
Watchung Ave. at YMCA
W 4 St. at Train Station
Park Ave. & East 5th St. at Red Tower Restaurant
Park Ave. & East 7th St.
Park Ave. & Crescent Ave.
Park Ave. & Randolph Rd. at Muhlenberg Hospital
South Ave. & Leland Ave. at Burger King
South Ave. at Foodtown

NEWARK

1060 Broad St. at Bus Stop
Essex Plaza Towers
Walnut & Orchard St. at Department of Justice Building
Broad St. at Bus Stop Across From City Hall
Broad & Market St. on Each Corner
Broad St. at Prudential Building
Broad St. & Cedar St.
Broad St. & Military Park Bus Stop
540 Broad St. & Lombardi St. at Bell Atlantic Building

Market St. & Raymond Plaza

at Penn Station Bus Stop
Raymond Blvd. & Mulberry St. at PSEG Bldg.
Park Place Robert Treat Hotel
Central Ave. at St. Michael's Hospital Medical Center
New St. & University Ave. at Rutgers University
Martin Luther King Blvd. County Executive Office
South Ave. & Bergen St. at University
South Ave. & Bergen St. at Pathmark

ELIZABETH

Elmora Ave. & West Grand St. at Foodtown
Elmora Ave. & West Grand St. at Dunkin Donuts
Railway Ave. at Dunkin Donuts
Broad St. & Railway Ave. at Library
Railway Ave. at Bus Stop
Railway Ave. & E. Town Plaza
Elizabeth Ave. at Foodtown
Broad St. & Railway Ave. at Court House
Broad St. & Dickinson St. at Rutgers University
Broad St. & West Jersey St. at Bus Stop
North Broad St. & West Grand St. at The Bus Stop
North Broad St. at Post Office

IRVINGTON

Springfield Ave. at Bus Depot
Springfield Ave. New St. at Bus Stop
Springfield Ave. & Civic Square at Post Office
Civic Square at City Hall

JERSEY CITY

Newark Ave. & Summit at Jersey City Public Library
595 Newark Ave.
Newark Ave. Court House
Summit & Magnolia Dunkin Donuts
Journal Square
Sip Ave. & Journal Square

EAST ORANGE

Central & South Harrison Ave. at The Bus Stop
Central Ave. & Evergreen Place
Main St. & Lincoln St. at Motor Vehicle Agency
Main St. & South Burnet St. at East Orange Diner
City Hall Plaza
Springdale Ave. at Bus Depot
Springdale Ave. & New St. at Bus Stop
Springdale Ave. & Civic Square at Post Office

PATERSON

Dill Plaza & Crosby Place at Post Office
Market St. & Clark St.
154 Market St.
151 Market St.
City Hall Broadway & Memorial Drive at Passaic County College Bus Stop
Broadway & Church St. at Dunkin Donut
MLK Way & Rosa Parks Blvd. at Unemployment Office
Broadway & Madison Ave. at First Fidelity Bank Broadway
Madison Ave. at McDonald's
Bus Stop
Broadway & Barnett Hospital
Broadway & East 33rd St.



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New York Undercover
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YOUR LIVING

August 1995

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HB BRIEFS

BABIES KNOW WHEN THEY NEED TO EAT

The best feeding schedule for a breast-fed infant is the one the baby designs. Nursing mothers should not interfere with the natural process. Some babies may nurse four minutes per side, six times per day, while others may nurse 20 minutes per side, 12 times per day. They signal mealtime by crying, fussing or nuzzling the breast, and most signal they are finished by drifting off to sleep or by letting go.

QUITTING SMOKING CAN SPEED HEALING

Smokers who quit smoking—even temporarily—heal faster from wounds and surgery. A study at Baylor College of Medicine in Houston used nicotine patches to measure the difference in blood flow in people who underwent hand surgery. Researchers learned more about how nicotine from inhaled smoke affects nerves and constricts blood vessels leading to the incision. "Each time nicotine entered the nervous system, blood flow was significantly restricted at the site of the surgery," said Dr. David Netscher, a plastic surgeon. Insufficient blood flow can cause the skin to slough, a term used for improper healing and eventual death of the tissue. But the restrictive effects of smoking on blood flow are short-lived.

TB CAN BE CURED

There's good news for parents concerned about their children being infected with tuberculosis. It is 100 percent treatable, if caught in time. If not treated, TB can become chronic and even fatal. Its symptoms include coughing, low-grade fever, weight loss and general malaise similar to the flu. It is often misdiagnosed as bronchitis. The means of diagnosis are a skin test and a chest X ray.

PAGET'S DISEASE CAN BE PAINFUL

The virus that causes measles may cause Paget's disease, a painful, deforming disorder that hits later in life. The disease may produce few symptoms until painful bone deformities begin to develop. The result can be brittle, bowed or deformed bones. The

virus can be active for years before a patient notices symptoms. Two classes of drugs, calcitonins and bisphosphonates, can slow the aggressive cells.

ROSACEA CAN BOTHER FAIR-SKINNED PEOPLE

Don't mistake rosacea for a healthy glow. If your face is red after an exercise cool down or after a short time outdoors, it could be rosacea. Common sufferers are fair-skinned adults, frequently women. In some cases, the nose becomes bumpy, red and swollen, and cheeks enlarge from excess skin tissue. Half of patients also experience eye burning and grittiness. To help prevent rosacea flare-ups: limit daytime outdoor activity, and apply a sunscreen of sun-protection factor 15 or higher; avoid alcohol or acetone-based cosmetics and hair sprays; and stay away from too many spicy foods, hot coffee and alcoholic beverages.

KEEPING ALID ON NUTRIENTS

When preparing vegetables, avoid sending valuable nutrients down the drain. Important vitamins and minerals may seep into cooking water and be discarded. The amount of nutrients lost depends on the freshness of the food to begin with and the method of cooking. To preserve the nutritional value of foods: shop frequently and buy only as much fresh produce as you'll need in a few days; cook foods in the shortest time possible; Wash vegetables thoroughly without soaking them; and avoid deep-fat frying, which robs food of vitamins.

GROCERY SHOPPING WITH CHILDREN MADE EASY

Few children are "born to shop," especially at the grocery store. Children who are hungry or tired do not make good shopping companions. To make the grocery shopping experience more pleasant for both parent and child: schedule market trips after meals and nap time; take along a small plastic bag filled with crackers, dried cereal or dried fruit; involve older children and ask them to help you by placing items in the cart; and make a grocery list to avoid the "I want's." This teaches organization and restraint.

Health briefs provided by Baylor College of Medicine, Houston Texas.

HEALTH CALENDAR

THRU AUGUST

NEWARK—"CPR For Health Professionals" course at Saint Michael's Medical Center. For more info call 201-877-5094.

WEDNESDAY, AUGUST 23

WEST ORANGE—Red Cross Community CPR course at 6 p.m. Call 201-676-0800.

THURSDAY, AUGUST 24

VCR ALERT—Saint Barnabas Health Care System's Senior Health Program panel discussion airs on Comcast Cablevision TV-3 at 2 p.m.

AUGUST 29, 31

EAST ORANGE—Red Cross Community First Aid & Safety course at 9 a.m. at the Red Cross, 106 Washington St. For more info call 201-676-0800.

WEDNESDAY, AUGUST 30

CLARK—Nutrition supermarket tour from 7 to 9 p.m. at the Shoprite. Call 908-654-9854.

THURSDAY, SEPTEMBER 14

IRVINGTON—Community High Blood Pressure Control Program, sponsored by the Dept. of Health's Nursing Division, at the Senior Citizens Center from 1 p.m. to 4 p.m. For more info call 201-399-6652.

SUNDAY, SEPTEMBER 17

FREEHOLD—Sixth Annual Wheel to Heal cyclist and walk event to help children with cancer. For more info call 1-800-231-KIDS.

SEPTEMBER 19 THRU NOVEMBER 7

SCOTCH PLAINS—Non-credit courses on Tuesdays for medical personnel at Union County College's Regional Health Education Center. For more info call 908-709-7600.

BEGINNING SEPTEMBER 26

WESTFIELD—Fall training for volunteers for the Union County Rape Crisis Center. For more info call 908-233-7273.

THURSDAY, SEPTEMBER 28

NEWARK—Minority Women's Health Empowerment Workshop at St. Michaels Hospital from 8 a.m. to noon. For more info call 908-324-1189.

SATURDAY, SEPTEMBER 30

HOBOKEN—North Central Regional Chapter of the American Diabetes Association will host Walktoberfest at Steven Institute of Technology. For more info call 201-226-1022.

THURSDAY, OCTOBER 12

IRVINGTON—Community High Blood Pressure Control Program, sponsored by the Dept. of Health's Nursing Division, at the Senior Citizens Center from 1 p.m. to 4 p.m. Call 201-399-6652.

OCTOBER 21 - 25

ATLANTA—1995 American Society of Anesthesiologist Meeting. For more info call 708-825-5586; fax 708-825-5658.

SUNDAY, OCTOBER 22

ATTENTION—Fifth annual "Walk-Along" for Lupus. For more info and various locations call 1-800-322-5816 or 201-791-7868.

ATTENTION:

PLAINFIELD—Muhlenberg Regional Medical Center offers community health education classes and support groups for cancer, childbirth, Lamaze, diabetes, etc. For more info call 908-668-2000.

TUNE IN—Conversations with Carrier a live call-in program every Sunday which discusses various health topics can be heard from 9:30 to 10 a.m. on WPAT 930-AM.

Send health activities to
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Prostate cancer hits African Americans



By Larry Lucas

According to the American Cancer Society, African-American men have the highest rate in the world of cancer of the prostate, a walnut-sized gland located below the bladder. The disease is almost twice as common among blacks than whites, partly because blacks are generally diagnosed later and they have a higher death rate.

While all men over 50 are considered "at risk" for this disease, African-American men are considered "at risk" when they reach 40. African-American men 40 and older should undergo annual tests for prostate cancer. The tests are necessary since this disease often does not show symptoms for many years.

Symptoms may include:

- Frequent urination, especially at night.
- Inability to urinate or trouble starting or holding back urination.
- Pain or a burning feeling during urination.

- Blood or urine in semen.
- Painful ejaculation.
- Persistent pain in the lower back, hips or upper thighs.

Prostate cancer is generally treated with surgery to remove the tumors; radiation therapy to kill the cancer cells and drug treatments to stop cancer cells from growing.

Researchers are trying to discover the cause of this disease, but so far they have reached no firm conclusions. Some studies suggest that a diet high in fat increases the risk of prostate cancer, but more research needs to be done to confirm this.

Since there's no known way to prevent prostate cancer, the best course of action is to get annual checkups. Meanwhile, pharmaceutical researchers will continue to search for new medicines to treat—and eventually to prevent or cure—this disease.

For a free copy of Medicines in Development for Cancer, write to Communications Division, PhRMA, 1100 15th St. NW, Washington, DC 20005.

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HB KIDS

United deals in healthy hearts

Healthy hearts are what Lloyd Marks, M.D., the new director of pediatric cardiology at United - The Children's Hospital of New Jersey, finds most satisfying. As the only Interventional Cardiologist in northern New Jersey, Dr. Marks has helped save the lives of children suffering from congenital heart disease using innovative devices and techniques.

Interventional cardiology has only recently come to the forefront of pediatric cardiac medicine. According to Dr. Marks, "Interventional cardiology is a technique less invasive than surgery in which heart anatomy is altered using a catheter."

American Heart Association statistics show that approximately 1 in 100 infants will be born with a congenital heart defect. "Interventional cardiology provides treatment options for congenital heart disease that can often be less time consuming, costly and invasive than traditional cardiac surgery," said Dr. Marks.

Interventional pediatric cardiology can also help to correct other congenital heart problems such as blockages to the heart valves

or closing an unwanted blood vessel. To combat the blockage of a narrowed or obstructed vessel, a stainless steel balloon expandable stent is used. The stent, made up of multiple rows of alternating openings, is mounted on a balloon catheter and delivered to the site of the artery blockage. Once the stent has been expanded, it provides support which helps to maintain blood flow through the artery.

Although the value of interventional pediatric cardiology varies according to each patient, the advantages remain impressive. "I generally tell patients I favor interventional cardiology options because they are less invasive," said Dr. Marks, adding, "The patient often has less injury to the body."

In fact, studies have shown that one cardiac procedure performed with interventional cardiology, (treatment of coarctation or blockage of the aorta), versus the traditional surgical approach results in fewer patients having high blood pressure after the procedure. "Interventional cardiology is also more cost effective, because the patient can recover at home," said Dr. Marks



Lloyd Marks, M.D., director of pediatric cardiology at United-The Children's Hospital of New Jersey, cares for a young patient. Photo by Citywide Corporate Photography

Think ahead, prevent serious birth defects

The birth of a happy, healthy baby is the dream of all parents-to-be. Just as many of us plan for other important life events—wedding, new home, vacation, retirement—it's important to plan for a healthy pregnancy and a healthy baby.

New Jersey's smoms-to-be (and their partners) can help to reduce birth defects by thinking ahead and taking a very simple step—plan for a healthy baby by eating right and consuming the B vitamin folic acid.

More than 150,000 babies continue to be born in this country each year with birth defects, and recent information released by the National Center for Health Statistics indicates that the top killer of white babies is no longer premature birth. It is birth defects. The top killers of black babies are premature birth and very low birth weight, but birth defects continues to be one of the major killers of black babies.

Some of the most severe birth defects are referred to as neural tube defects or NTDs. Neural tube defects, such as spina bifida, are severe birth defects of the brain and spine. By consuming at least 0.4 milligrams of folic acid every day, the chance of having a baby born with neural tube defects is reduced by at least 50 percent.

Folic acid can be found in leafy, green vegetables, enriched cereals, citrus products, legumes, and other food products, or consult with a health care provider about taking a multi-vitamin supplement containing folic acid.

In the U.S., New Jersey ranks 23 in infant mortality; 25 in low birth-weight and the number of babies born each year with birth defects. Because of this the March of

Dimes encourages all parents-to-be to Think Ahead! and plan for a healthy pregnancy and a healthy baby.

This past June, the March of Dimes Birth Defects Foundation introduced the second phase of Think Ahead!, a multi-year national health education campaign focusing on preparing for pregnancy. The Think Ahead! campaign emphasizes a few simple steps a woman (and her partner) can take prior to pregnancy to give their baby a better chance to start life healthy:

- Have a medical checkup before becoming pregnant to identify any health risks and to guide you in making lifestyle changes, if necessary, before pregnancy.
- Get vaccinated for measles and rubella
- Achieve your ideal weight to reduce the risk of developing high blood pressure and diabetes during pregnancy and to reduce your baby's chance of being born low birth-weight
- Know your family history
- Get plenty of exercise and reduce stress and encourage your partner to adopt a healthy lifestyle, too.
- Eat a balanced diet
- Avoid exposure to toxic substances and chemicals
- Don't eat under-cooked meat or handle cat litter. They can cause an infection called toxoplasmosis, which can seriously harm a developing fetus.

For more information on folic acid, pre-pregnancy planning or to request a FREE Think Ahead! pre-pregnancy planning packet, call the March of Dimes at 201-882-0700.

Routine pregnancy test may be unnecessary

Routine pregnancy tests for adolescent girls facing surgery may be unnecessary, because of concerns regarding potential risks of anesthesia to the fetus and because some teen-agers may not know they are pregnant according to a study at the University of Michigan Medical Center.

Eliminating such tests, which are currently performed as a routine in about one out of three hospitals, would result in significant cost savings, reports Shobha Malviya, M.D., of the Ann Arbor medical

center's section of pediatric anesthesiology.

"Ordering fewer preoperative tests not only provides significant cost savings, but also benefits patients by minimizing false positive results or clinically unimportant positive results, which in turn lead to delays in the surgical schedule and more testing," Dr. Malviya reported at the annual meeting of the American Society of Anesthesiologists.

The study questioned 228 adolescents

(Continued on page

Lead poisoning a danger to New Jersey children

Despite strides in educating the American public about the hazards of lead, millions of preschool-age children continue to have high levels of lead in their bodies when tested.

According to the U.S. Public Health Service, lead is one of the most serious environmental hazards to young children, and children in New Jersey continue to be hospitalized with high lead exposure.

"Often, the end result of lead poisoning in children is permanent brain damage known as encephalopathy. However, this could all be avoided if more people are knowledgeable about prevention," said Steven Marcus, M.D., executive director of the New Jersey Poison Information and Education System, located at Newark Beth Israel Medical Center.

Home is where most children suffer lead contamination. Exterior and interiors of homes built prior to 1978 probably used lead-

based paint. Children who eat the sweet tasting chips of peeling or cracking lead paint are more susceptible to the slow build up of lead in their bodies.

While there may be no obvious signs that a child has lead, because it is considered the silent poison, when present, symptoms often mimic other common childhood ailments. A simple blood test can determine if a child has been exposed to lead, which can cause severe ailments for growing children.

The following are suggestions on reducing lead paint hazards in the home:

* Encapsulate a leaded area by covering it with a non-leaded material or coating.

* Wallpaper or self-adhere a covering over a leaded surface.

* Remove and replace leaded woodwork.

* Have a professional contractor trained

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HB HEALTH

New coalition fights to cut cancer rates among minorities

With minorities suffering the highest cancer rates in America, many of the nation's leading health and minorities organizations joined to call for major changes in the government's health and research programs to redress this tragic imbalance.

Meeting in Washington DC, the new Intercultural Cancer Council (ICC) identified a set of policy changes for the Administration and Congress that are designed to save lives through funding, research, program control, prevention and survivorship initiatives.

"It is crucial to the well-being of their communities that survivors become role models and cancer educators. They provide living testimony that survival is real and ignorance and fear are the enemy," said Bobbie de Cordova Hanks, a cancer survivor, founder of Bosom Buddies and a member of the ICC.

The ICC includes groups as diverse as

Howard University Hospital, National Appalachian Leadership Initiative on Cancer, National Hispanic Leadership Initiative on Cancer, American Cancer Society, Kellogg's and the Susan G. Komen Breast Cancer Foundation.

The ICC, which will include an office in Washington DC, called for:

- Opposing Congress' plans for any health block grant approach that would remove specific federal support for critical programs like cancer among the nation's minority communities.
- Broad new power for the Office of Research on Minority Health to oversee aspects of all 13 institutes at the National Institutes of Health. (Currently only the NIH's Office of AIDS Research has such trans-institute authority.)
- Major improvements in national epidemiological studies of cancer among minorities

so causes and trends can be identified and analyzed. (Current epidemiology does not capture the biological, environmental, or cultural data that play major roles in the etiology of cancer.)

- Broadening the focus that many state public health departments now have on infectious disease to include chronic disease, like cancer, which will be the nation's leading killer by the year 2000.
- Stronger controls on tobacco such as a \$2 per pack cigarette tax increase and new FDA regulation of tobacco products of cover content, labeling, sales and advertising.
- New prevention/education initiatives on reducing fat and increasing fiber and other nutrients to lower diet-related cancer among minorities.

"Environmental pollution, tobacco, the strong cancer stigma among minorities, the high fat diet promoted to poor

or less educated people, the minority person's fear of being a guinea pig in the establishment's clinical trials, culturally clumsy education materials, research focused on racial majorities, are all contributing factors," said Lovell Jones, Ph.D., founding chairman of the ICC and professor at M.D. Anderson Cancer Center.

The symposium strongly endorsed creation of the ICC, which is a permanent body that will promote public policy changes around cancer and minorities in Washington and elsewhere.

"The ICC's high-profile advocacy is critical if we hope to save the millions of our citizens who will otherwise die unnecessarily, or suffer from a disease that in many cases, is preventable," said James Hampton, M.S., a member of the ICC and medical director of the Troy and Dolly Smith Cancer Center in Oklahoma City, Okla.

Do you suffer from DEA?

Often, as we age, we expect a slight loss of hearing or sight, but rarely do we foresee problems with balance.

It's known as disequilibrium of aging (DEA), says Dr. Helen Cohen, an assistant professor of otorhinolaryngology at Baylor College of Medicine in Houston.

"As they get older, people become less active, which can sometimes affect balance. They tend to walk unsteadily as if they've had too much to drink," said Cohen.

DEA is seen mostly in people older than 60 and may account for why some elderly people fall, which often leads to more serious complications.

"DEA occurs because the central nervous system begins losing cells. Things just don't work as efficiently," Cohen said. "Sight and hearing may also diminish."

About 20 percent of the population may have some type of disorder of the vestibular labyrinth, the system that monitors the positions and movement of the head before relaying the information to the brain.

Cohen advises her patients, when walking for exercise, to:

- Move the head side to side to learn to maintain balance.
- Walk with a friend for company and safety.
- Walk in a well-lit area. Wear comfortable walking shoes.
- Consult a physician before starting an exercise program, especially if there are previous medical problems.

To brace yourself against falls:

- Get rid of throw rugs.
- Wear flat rubber-soled shoes and bed room slippers.
- Plug in night-lights where needed.
- Use sturdy handholds such as heavy furniture.
- Install grab bars in the bathtub or shower.
- Put a rubber mat or strips in the bathtub or shower.
- Use a bathmat with a non-skid backing on slippery floors.

"Just because you age doesn't mean you have to be off balance. A combination of exercise, therapy and safety can greatly improve equilibrium," added Cohen.

Beth Israel opens inpatient children's psychiatric unit

Newark Beth Israel Medical Center recently celebrated the opening of its Children's Crisis Intervention Service (CCIS), an inpatient children's psychiatric unit which treats children and adolescents ages 5 through 17.

"This opening marks a milestone in New Jersey's system of mental health services for youngsters and their families," said William Waldman, state human services commissioner, at Newark Beth Israel Medical Center.

"The opening of this unit guarantees that the youngsters in Essex County won't have to be separated from us in their time of need."

The CCIS is part of the medical center's expansion of children's psychiatric services. The need for a separate child/adolescent-oriented psychiatric service was envisioned by the late Perihan A. Rosenthal, M.D., a child psychiatrist who recognized the need for a short-term inpatient service for children in emotional crisis. Rosenthal also served as the first director of the Division of Child and Adolescent Psychiatry at Newark Beth Israel Medical Center.

The CCIS, designed by Nadaskay and Kopelson of Morristown and built by John O'Hara Co. of East Orange at a cost of \$1.5

million, offers various therapeutic interventions, administered by a multi-disciplinary team experienced in working with young people.

One focus of the unit will be on parent involvement. Staff will involve parents in their child's treatment process by providing supportive and educational counseling and ensuring a continuity of treatment in local outpatient facilities after discharge.

The second part of the medical center's expansion of psychiatric services for children was the renovation and expansion of the Therapeutic Learning Center (TLC), one of only three therapeutic learning centers for youngsters in the area. TLC is a therapeutic nursery and pre-school and an after-school program for older children.

"We are pleased to have the new CCIS unit and the expanded TLC program to offer the most advanced child psychiatric services in this area. We are also grateful to all the community groups and state agencies for their support in the development of this unit," said Paula Sabreen, A.C.S.W. of Westfield, the medical center's administrative director of the Department of Psychiatry's Community Mental Health Center.

Routine

(Continued from page 2)

ranging in age from 11 to 17 years of age were questioned about whether or not they might be pregnant. The results were as follows:

- 225 denied the possibility of being pregnant. Seven of the 228 refused to be tested.

- Of the 221 girls who underwent urine tests for pregnancy, tests results were negative for 220.

- Eight surgical procedures were delayed while waiting for test results, five patients underwent two pregnancy tests for the same operation, and three patients were tested even though they were menstruating on the day of surgery.

- Coh patients were anesthetized before

the test results became available

The results of the study suggest that histories obtained from adolescent patients correlate well with urine pregnancy test results. In the study sample of 228 adolescents, it would have been reasonable to test only the three patients who were not sure if they were pregnant, the Michigan researcher said.

"Our data suggest that a reasonable alternative in our patient population, rather than subjecting the entire population to a preoperative screening test, is to order laboratory studies on the basis of findings of a history and physical examination performed by the anesthesiologist," Dr. Malviya said.

VA to open new health practice in Hackensack

A new VA health care practice in Hackensack opened in June of this year. "This VA practice group is designed to better meet the primary health care needs of the veterans' community. We received requests from veterans in Bergen County to open a health practice closer to their homes and communities. We've now signed a lease with Raia Properties Management Company in Hackensack to establish the practice in their medical office building. This arrangement will provide veterans with access to primary health services in a modern, convenient location. We see it as the model for what we are planning to do around the state to

improve our service to veterans," explained Ken Mizrach, director of the East Orange VA Medical Center.

Staff at the Hackensack practice will provide general medical care office visits for veterans with scheduled appointments. Patients will be referred for specialty care and diagnostic testing to the East Orange VA Medical Center. The Hackensack practice number is 201 487-1390. All honorably discharged veterans are eligible to enroll in the practice. Veterans who wish to enroll or would like more information can call between 9 a.m. and 3 p.m. weekdays.

The truth about the healthiness of hot dogs

Hot dogs, in addition to being as all-American as baseball and apple pie, have been included in Weight Watchers official regimen; approved by NASA as a regular item on Apollo moon flights, Skylab missions and space shuttle flights; and they appear daily on the U.S. Army short-order menu and in school lunch programs, hospitals and nursing homes.

Why is it then that so many of us feel guilty sparking up the grill and letting the hot dog season begin?

Leading tri-state hot dog purveyor Medford Foods, along with the American Meat Institute (AMI), maintains that many Americans have fallen prey to hot dog myths. They suggest consumers con-

sider the following: hot dogs are high in sodium and cholesterol, are not a source of nutrients because they are made with inferior meats meat by-products and are "unsafe" to eat.

However, the U.S. Department of Agriculture (USDA) requires that meats used in hot dogs be muscle meat, just like the fresh ground meat sold in supermarkets. Other ingredients include water, sugar (dextrose), spices and curing agents.

The facts are: because of the preservatives they contain hot dogs are one of the safest foods to eat in the summer and, they are a source of vitamins, minerals and protein like any other meat.



NJ children experience high levels of tooth decay

Tooth decay and dental disease among Americans are on the decline says studies from the National Institute of Dental Research. However, according to Dr. George McMurray of Personal Dental, an individual dental insurance plan from a subsidiary of Blue Cross and Blue Shield of New Jersey, the Garden State has a long way to go, as our children are experiencing one of the highest levels of tooth decay in the country.

"What makes this particularly astonishing is that tooth decay can be virtually eliminated with proper personal dental care. However, this knowledge must be increasingly and continuously communicated through a comprehensive, statewide education effort," says McMurray.

Personal Dental also says its important for not just children but for all people to focus on dental hygiene. All too often, people ignore their teeth as they fight to stay fit. Keeping your smile in shape takes daily determination and commitment.

"Just like a good warm-up is necessary to avoid pulled muscles, prevention is the key to avoid pulled teeth," McMurray said. "Any good workout should begin with an evaluation by a professional. Tooth care is no exception. Visit the dentist twice a year for professional cleanings to remove of plaque and calculus that is lurking in your mouth.

McMurray noted that early signs of gum disease will be the failing test for most. In fact, studies show that 90 percent of adults have some form of gum disease. Telltale signs include swollen, red or tender gums, blood in the mouth or on the toothbrush or dental floss, loose teeth and bad breath.

"Ultimately, gum disease can lead to loss of teeth. Fortunately, in its early stages, it can be controlled. In this case, plaque is the culprit.

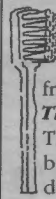
Therefore, warding off gum disease takes a daily commitment to keeping your teeth free of plaque. Regular brushing and flossing will do the trick," McMurray said.

Here are low impact dental care exercises for children and adults to practice:

- The basic dental workout includes brushing and flossing twice a day.
- Replace your toothbrush every six months and visit your dentist twice a year.
- Be sure to floss all of the teeth including the molars for that extra long workout.
- Stock up on all the necessary dental care products.
- Eat healthy. Apples, celery and other vegetables help keep teeth clean by scraping food and bacteria away. Avoid sugary snacks and keep liquids sugar-free.

Personal Dental has initiated a multi-pronged attack on the problem. It has recently embarked on a statewide public service campaign to educate Garden Staters on the best way to care for their teeth. To help spread the word, Personal Dental has produced an easy-to-read brochure, "Tooth Care Throughout The Ages." To receive a free copy call 1-800-839-5356.

Interested in learning more simple steps you can take to keep your teeth for life? Call 1-800-839-5356 today for a free copy of **"Tooth Care Throughout The Ages."** This free public service brochure outlines proper dental hygiene for all ages.



Lead poisoning

(Continued from page 3)

and skilled in abatement procedures remove lead-based paint.

According to the American Academy of Pediatrics, all children under age six should be tested for lead. In older inner-city areas, children should be screened beginning at six months

and annually thereafter.

For literature, information or referrals about lead poisoning, call the National Lead Information center hotline at 1-800-POISON1.

Citrus fruits and liquids can prevent stone disease

by Dr. Robert J. Irwin, Jr.

Eating citrus fruits and drinking an eight-ounce glass of orange juice daily may help prevent kidney stones, a painful and unpredictable disease that strikes more than 600,000 Americans each year.

Citrate, an acid found commonly in fruits such as oranges, lemons, limes and grapefruits, seems to help prevent kidney stones from forming. Some people prone to stones have been found with insufficient levels of citrate in their urine. A glass or two of orange juice can help protect against stones by increasing urinary citrate. It also provides the proper daily requirement for vitamin C.

It is essential—especially in the spring and fall—to drink water and other liquids to avoid dehydration during extreme temperature variations. People with a history of kidney stones should consume at least two quarts of liquids daily. If tests reveal excess calcium in patients' urine, they should also avoid products high in calcium, such as milk, cheese and antacids.

A kidney stone is a crystal structure formed by excessive salts in urine. The most common is the calcium stone. A stone will increase in size until it is not passable and becomes lodged in the urethra, the tube that carries urine from the kidneys to the bladder.

Stone symptoms include severe back

pain, blood in the urine, strong urine odor and fever. Stones can be detected through a routine urinalysis or through x-rays.

Kidney stones are most common in men aged 40 to 65. For unknown reasons, they strike men three to four times more than women. It is estimated that most men have about a 10 percent chance of experiencing stones in their lifetimes.

The highest concentration of Americans with kidney stones is in what physicians refer to as the "Stone Belt," the Southeastern states. That may be attributable to heat factors in those states that can cause mild dehydration, which contributes to stones.

The good news is that with today's technology, stones are easier to detect and treat. Outpatient clinics across the United States specialize in treating stones, often in a matter of hours and sometimes with one treatment.

It is impossible to predict when or if a kidney stone attack may confront us in our lifetimes. But eating fruits and consuming lots of liquids may be the best approach to preventing the painful condition. This simple recommendation is inexpensive, nutritionally sound and easily followed by everyone, regardless of whether they have had kidney stones.

To make the team, get a check up

High school athletes may be only "second string" without a pre-season checkup, says a sports medicine expert. So now is the time to prepare for the upcoming athletic season and for the demands of physical education classes.

"Anyone involved in school athletics should have an annual history and exam as a necessary step for performing optimally," said Dr. Albert C. Hergenroeder, head of Adolescent Medicine and Sports Medicine, in the department of pediatrics at Baylor College of Medicine, and Texas Children's Hospital in Houston.

Hergenroeder says young athletes often will not admit to having problems related to

exercise and sports. These include old and current injuries that may not have been diagnosed and fully rehabilitated.

"The nature of athletes is to deny problems, even if they are exercising with pain," he said. "I always tell the students to have an annual evaluation prior to the school sports season startup, to make sure they don't wind up performing poorly simply because of an injury or training problem that may be easy to fix. I ask them if they want to operate at only 80 percent of their athletic ability. The answer is always 'no.'"

Not rehabilitating an old injury may make

Continued on page 6

HB DISCOVERY

New Jersey children at risk from ozone air pollution

Air Pollution and Our Children, a report published by the American Lung Association, estimates that over 88,000 children 13 years of age or younger in New Jersey are potentially at risk for developing breathing disorders, such as asthma attacks, caused by ozone air pollution. Nationwide, 27.1 million children 13 years of age or younger are at risk.

Nearly, 54 percent of America's children live in areas with unhealthy air, but are not protected by the current federal air quality standard for ozone or smog. According to the American Lung Association, recent research suggests that the current federal standard does not effectively protect the public's health.

"Unfortunately, while the Lung Association continues to fight for strict clean air standards to protect Americans' health, Congress is attempting to weaken—or even destroy—those protections," said Irwin M. Berlin, M.D., president of the New Jersey Thor-

acic Society, medical section of the American Lung Association of New Jersey (ALANJ).

Currently pending in Congress are bills that would dramatically alter the Clean Air Act, the landmark law that guides this nation's campaign for cleaner air. One such bill would repeal the Act entirely; others target specific sections of the Act, such as calling for relaxed deadlines for states to meet clean air goals.

"Lung disease is the third leading cause of death in America and can have a devastating effect on children," Berlin said. "Children's lungs are not just miniature versions of adult lungs. They are especially sensitive to infection and pollution. Their lungs are still growing, creating millions of air sacs throughout childhood. Early damage can have far-reaching consequences."

Children are especially vulnerable to the effects of ozone air pollution because of a number of factors, including their exposure to ozone and a variety of physiological factors.

Ozone, the main component of smog, acts as a powerful respiratory irritant at the levels frequently found in most of the nation's urban areas during summer months. Symptoms include shortness of breath, chest pain when inhaling deeply, wheezing, and coughing.

The American Lung Association currently has litigation pending against the U.S. Environmental Protection Agency (EPA) to strengthen the ozone standard. Increasing attention is being paid to the fact that minority and poor populations are often disproportionately subjected to a variety of environmental health hazards.

"Our most severe air pollution problems are typically found in urban metropolitan areas, which are often areas with a high percentage of minority populations," Dr. Berlin said. "We are continuing to fight for stricter air standards that would address the need for environmental justice and respond to the dis-

proportionate health hazards faced by minority and poor populations throughout the country."

The Danger Zones report identifies the following at-risk groups of children:

- 50.8 percent (19.1 million) of white children aged 13 or under
- 61.3 percent (4.6 million) of black children aged 13 or under
- 28.9 percent (160,149) of Eskimo or Aleut children aged 13 or under
- 67.7 percent (1.1 million) of Asian or Pacific Islander aged 13 or under
- 69.2 percent (4.2 million) of Hispanic children aged 13 or under
- 21.8 percent (1.4 million) of children of other races aged 13 or under

For information about ozone and air pollution, contact the American Lung Association of New Jersey, 1600 Route 22 East, Union, NJ. Telephone 908-687-9340.

NIH hosts forum on coronary heart disease among blacks

The National Institutes of Health (NIH) recently held a major forum at Howard University to discuss the foremost health threat to black Americans—coronary heart disease (CHD).

The forum explored the causes of and ways to combat alarming facts about heart disease. For example: heart disease is the leading cause of death among blacks; stroke death rate for blacks is almost twice as high as it is for whites; the heart failure death rate is about 50 percent higher in blacks than whites; blacks get hypertension earlier and more severely than whites.

The day-long "Forum on the Status of CHD in Black Americans" was co-sponsored by the NIH Office of Research on Minority Health, the National Heart, Lung, and Blood Institute, the National High Blood Pressure Education Program, and Howard University.

Speakers and forum participants, including Ohio Representative Louis Stokes (D), discussed the epidemiology of hypertension and related conditions; differential responses in drug treatment for hypertension; research opportunities for black scientists; churches as sites for health information; cross-cultural social marketing; steps to take now to reduce CHD among blacks; and the role of black academic institutions.

"Fortunately many of the factors that contribute to CHD can be avoided and prevented through lifestyle changes...The challenge is to communicate this to African Americans at every possible opportunity, so they can begin to make changes that can positively affect their health and longevity," stated John McGrath, Office of Prevention, Education, and Control, of the National Heart, Lung, and Blood Institute.

Schering Laboratories funds asthma study at Saint Michael's Medical Center

The NJ Asthma Institute at Saint Michael's Medical Center in Newark was awarded a \$120,000 grant from Schering Laboratories, the U.S. pharmaceutical marketing unit of Schering-Plough Corporation, to conduct a two-year study of asthma therapy outcomes in pediatric and adult patients.

The study, which started in April of this year, is investigating the progress of all new pediatric and adult asthma clinic patients at Saint Michael's, using an assessment system developed by Schering that identifies and measures results of asthma therapy considered to be the most important and relevant to quality of care.

Asthma is a condition marked by recur-

rent wheezing attacks and shortness of breath due to a number of factors including allergies, irritant particles and stress. According to 1990 statistics from the U.S. Department of Health, asthma affects approximately 10 million people in the U.S. Although it is a treatable illness, asthma is responsible for more than 4,400 deaths and 150,000 hospital admissions in the U.S. each year.

During the study a standard of care developed by the NJ Asthma Institute will be used for the management of asthmatic patients and educational programs developed in collaboration with Schering Laboratories will be offered to patients and their families to teach them how to keep the disease manageable and under control.

New drug slows down AIDS viral growth

A drug under study may offer hope for reducing the frequency and complexity of treatment for AIDS patients with cytomegalovirus (CMV)-related eye disorders.

HPMPC or, generically, cidofovir, has a half-life of 14 days—meaning treatment can be given every two weeks rather than daily as now required with the drugs of choice, foscarnet and gancyclovir, says AIDS eye specialist Dr. Richard A. Lewis of Baylor College of Medicine in Houston.

"It's now in phase two of a national collaborative study, but it does look exceedingly promising. Nationwide, there has been a search for drugs that are less cumbersome, less time-consuming, and that reduce the overall frustration of being treated for these types of eye disorders," he said.

Gancyclovir and foscarnet have half-lives of just 12 hours and patients must receive daily intravenous treatments. Cidofovir is also given by injection but is given once a week for the first two weeks and then every other week for maintenance.

"The drug so far can cause some problems with the kidneys and is not given to patients with kidney disorders. However,

with the addition of low doses of probenecid, a common drug used for gout, this risk of toxicity can be overcome," said Lewis.

To date, Lewis has observed excellent healing of the retinitis, and few complications with cidofovir, a potent anti-viral drug developed for use against herpes viruses.

The first phase of the drug study followed 30 AIDS patients in 15 centers across the country, enrolling patients who have never been treated with anti-viral drugs. Low doses were given to check for toxicity. Phase two will follow 70 people in a higher dose study and to check how the agent works as a "maintenance" drug.

In addition, cidofovir is being offered to people with CMV retinitis who have failed conventional therapy with the other two drugs.

"This drug, like other anti-viral agents, does not kill the virus, but it does slow viral growth," Lewis said. "This particular agent looks promising at this point, but it is important to remember it is still in the testing stages for this use."

Team check up *Continued from page 5*

the difference between making team, being just second string, or performing poorly. Hergenroeder advises having the annual evaluation three weeks prior to the beginning of school athletics.

"If there is a problem, they need time to rehabilitate the injury," Hergenroeder said. "For example, waiting until the day before practice starts knowing there is a shoulder problem does not make good sense. Rehabilitation of that injury could keep them off the team or at least hinder their progress with the team."

Students not participating in high school sports could benefit from a pre-school evaluation, as well, particularly if they have old injuries, or medical problems such as obesity, asthma or chest pains.

Hergenroeder says for the majority of healthy high school students, returning to school athletics or physical education courses is no problem.

Taking steps before a health problem becomes worse is the key for students involved in high school sports or physical education.

HB PULSE



Tom Brydie of Newark was recently honored for 20 years of service to the North Jersey Blood Center. Brydie serves as a driver of the 4-bed bloodmobile and travels throughout the central and northern NJ region. Presenting him with his award is Ranie Koshy, M.D., NJBC president and CEO. The Blood Center supplies blood and blood products to over 40 hospitals in the region.



John Surmay, a resident of Elizabeth and director of Administration, Finance, Health and Social Services for Plainfield, recently received the "Bowl of Hygieia" award from the New Jersey Pharmacists Association and Wyeth-Ayerst Laboratories. This prestigious award, given annually by each state pharmacy association, recognizes outstanding community service performed by a pharmacist.



Clifford W. Klima, a native of Queens, NY, has been named president of Aetna Health Plans of New York and New Jersey. Klima will be responsible for setting and enacting AHP's overall business direction and strategy for the New York-New Jersey market, Aetna's largest single market, with 1.5 million members.



Waveney Gordon, R.N. of East Orange, has been named administrative coordinator in Newark Beth Israel Medical Center's Department of Nursing. Gordon, who has been a medical center employee for 36 years, will be responsible for overseeing nursing staff working the overnight duty schedule. Before her recent appointment, Gordon was nurse manager of a 34-bed medical/surgical orthopedic and vascular specialty unit.

Physician honored for 20 years of dedication and commitment



Dr. Peri Kamalakar

More than 250 patients, colleagues, families, and friends honored Peri Kamalakar, M.D., director of The Valerie Fund Children's Center at Newark Beth Israel Medical Center, at a recent dinner.

The dinner, held at the Brunswick Hilton and Towers in East Brunswick, paid tribute to Kamalakar for his 20 years of dedication and commitment to children diagnosed with childhood cancer and blood disorders.

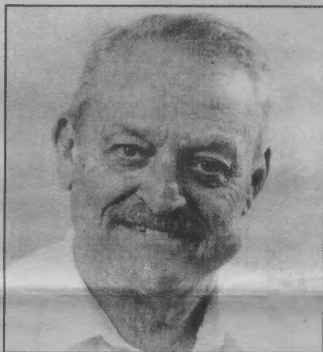
Patients and colleagues spoke, many with tears in their eyes, about how Kamalakar had literally saved their lives. They made mention of his soft spoken love and dedication to the children, his compassion, his leadership,

and his reassurance.

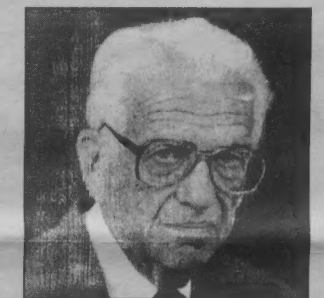
"Dr. Kamalakar can teach anyone the value of life," said Stacey Springer, L.C.S.W., A.C.S.W. of Glen Ridge, a pediatric social worker and coordinator for the medical center's Valerie Fund Children's Center.

"His commitment to curing these youngsters of their life threatening illnesses is beyond what most physicians believe is part of their profession. He definitely goes above and beyond the call of duty, and for this we are all grateful," she added.

At the end of the dinner, Kamalakar was presented with a clay sculpture depicting a grown man with adoring children around him. The gold plate underneath the sculpture reads: "Dedicated to Peri Kamalakar, M.D. We honor you for your dedication and commitment to children and their families diagnosed with cancer and blood disorders. Your compassion, reassurance, and guidance allows us to have faith and hope."



Andrew Rudowitz, North Arlington, was recently named Newark Beth Israel Medical Center's Volunteer of the Month for the month of July. Rudowitz has been a medical center volunteer for nine years. He assists the medical center by working with the AT&T Telephone Pioneers Infant Hearing Assessment Program. Rudowitz delivers and explains the content of brochures that teach new mothers how to monitor their newborn's hearing during the child's first year. Rudowitz is a retired systems equipment engineering detailing supervisor who worked for AT&T for 40 years.



Robert Marks of Short Hills, a member of the Board of Trustees at Newark Beth Israel Medical Center, has been elected to a two-year term on the N.J. Hospital Association (NJHA) Board of Trustees. In 1994, the NJHA honored Marks by naming him Trustee of the Year. Prior to Marks' honor, the award was presented only once before in the 76-year old organization's history. Marks is currently vice chairman of the board. He is also currently serving as chairman of the Beth Health Care Services Corporation board, the medical center's parent corporation.

Memorial fund established at JFK Medical Center



With an initial donation from the Metuchen-Edison branch of the NAACP, the JFK Medical Center Foundation has established the Claryce Johnson Memorial Fund. Ms. Johnson passed away in 1993 after a decade-long battle with sickle-cell anemia. She received much of her treatment at JFK. The fund will be used to assist other area patients receiving treatment for sickle-cell anemia. Pictured at the check presentation are (from left): Metuchen-Edison NAACP President Reginald Johnson, Claryce's brother: Phyllis Johnson, Claryce's mother; JFK President and Chief Executive Officer John P. McGee; and retired JFK Vice President for Mental Health and Community Services Harry J. Russell. To make a donation to the fund, call the JFK Medical Center Foundation at 632-1540.

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